



Hospital Discharge

Checklist

Discharge and going home

Plan and organize the discharge from the hospital early – if possible already when being hospitalised. This way, you can avoid unpleasant waiting times or delays.

Behavior after hospital discharge

Should I refrain from certain activities (e. g. driving a car, lifting, alcohol)?

Do I have to change my diet?

Which emergency situations can occur and how should I then behave?

Is my medication plan updated?

Organisational matters

Prescription for the medication

Appointment for follow-up exam at the hospital

Appointment for follow-up exam at the family doctor

Certificate for incapacity to work

Discharge report to family doctor, copy to me

Appointments for therapies (e. g. physiotherapy or occupational therapy)

Means of transport to therapy and follow-up appointments

Cost assumption of therapies and transport

Medical aids (e.g. rollator, walking sticks)

Prescription for medical aids

Rent or buy medical aids?

Clarify the assumption of costs

Support services for home

Spitex organisation

Organisation of domestic help, meal service, or similar

Clarify the assumption of costs

Transfer to a rehabilitation clinic

As a rule, the patient enters the rehabilitation clinic from the acute care hospital without a previous stay at home. Suitable clothing for rehabilitation (e.g. non-slip shoes, tracksuit, bathing utensils)?

Which rehabilitation clinic is suitable for my illness?

Which health improvements can I achieve?

For what duration did my health insurance provide a cost-approval?

Time of the transfer to the rehabilitation clinic

Transport to the rehabilitation clinic

Transfer to a nursing home (transitional care)

Scheduled duration of stay

Choice of nursing home

Cost assumption, personal participation in costs for room and board and support

Costs for services (e.g. laundry service or travel services)

Who organises transport to the nursing home?

My notes

CONCORDIA
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Bundesplatz 15 · 6002 Lucerne · Phone +41 41 228 01 11
info@concordia.ch · www.concordia.ch