

Discharge Planning



Nicky Heartbreaker

Based on the patient's current diagnosis, treatment, and history use the table below to discuss the type of patient education (including health promotion) you will provide.

Topic	Education
Puncture Site Care	Monitor site for s/s of infection, redness, warmth swelling or drainage. Report any of these symptoms.
Follow-up/Compliance	Report to all follow up appts and tests/labs. Report any return of CP or shortness of breath to health care provider.
Blood Pressure	Keep a record of your daily BP and keep within Dr's recommended range (everyone is different). Report any dramatic dips or high Bp's to your Dr. Take your BP meds as prescribed and don't stop taking abruptly. You may need to change position slowly when first taking this medication as it may drop you BP when changing positions quickly.
Diet (sodium intake)	You will want to lower your daily sodium (salt) intake to under 2,000mg (2G) daily. Avoid prepackaged food and processed meat. Would you like to talk about some alternatives to some of your favorite foods?
Exercise/Weight	Start with doctor recommended time and exercise. Walking is a great start. Exercise at least 3 days a week for 30 min a day. Losing weight will help with DM and BP as well as cholesterol.
Smoking Cessation	Provide resource and support group as well as tools like meds and patches to help quit. Explain the damage and how quick your body can begin to repair once you quit.
Medication	Explain how and when to take meds. What S/E to look for. Take BP and HR before taking BP meds. Get labs as ordered.
Rest/Stress	Provided resources on how to reduce stress and anxiety. Allow for extra time to complete tasks. Teach about maybe yoga or meditation.
Blood Glucose	Educate pt on how to count carbs and a "balanced" diet. Consult diabetic education while still inpatient to help.

	Speak with the Wife about how she can help and support him in changing his diet.
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