

Discharge Information

If you have concerns about how you are going to manage at home after you are discharged from hospital, please discuss them with your doctor, nurse or social worker right away.

There may come a time during your hospital stay when your changing health needs can be met by another hospital closer to your home, or with more appropriate services for your needs. A member of your health care team will discuss this with you, if this happens.

Western Health's Discharge Policy states that once a patient has been discharged by their physician, they are asked to be ready to go home by 11 am.

Notice of discharge is usually provided in advance but it is important to have someone who can pick you up and bring you home when you know your discharge is nearing.

Be sure to get the necessary discharge instructions about your care at home, medications and follow up appointments before you leave the hospital.

If you are unsure about something, please don't be afraid to ask the nurse providing you with your discharge information.

Burgeo
Calder Health Centre
(709) 886-2898 Ext. 20

Port Aux Basques
Dr. Charles LeGrow Health Centre
(709) 695-4541

Port Saunders
Rufus Guinchard Health Centre
(709) 861-3139 Ext. 261

Norris Point
Bonne Bay Health Centre
(709) 458-2211 Ext. 213

Stephenville
Sir Thomas Roddick Hospital
Please contact the Patient Care
Co-ordinator on the Unit
(709) 643-5111 Ext. 511 or Ext. 259

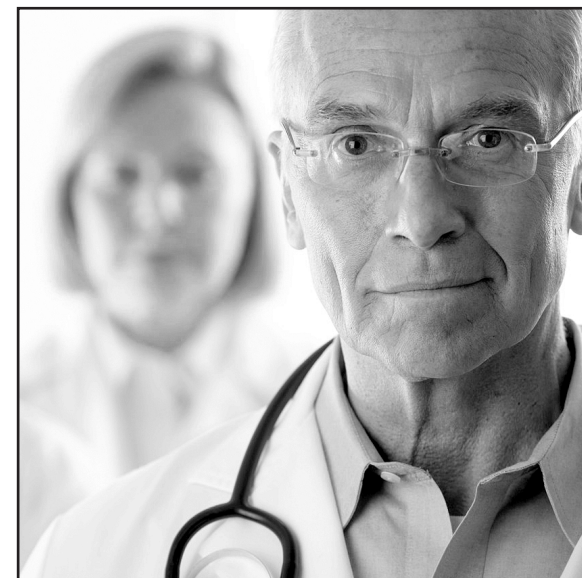
Corner Brook
Western Memorial Regional Hospital
Please contact the Patient Care
Co-ordinator on the Unit - you will
be admitted to (709) 637-5000



OUR VISION

The vision of Western Health is that the people of Western Newfoundland have the highest level of health and well being possible.

Planning For Your Discharge From Hospital



Western Health

Preparing for your return home...

To provide you with the best care, the plan for your return home begins the day you arrive in hospital, or if possible, before you get here. A good discharge plan will make sure you get the right care in the right place at the right time.

Here are some questions you may have about your hospital stay and the answers:

How long will I have to stay in hospital?

Your doctor and other members of the health care team will work with you to ensure that your hospital stay is as short as possible.



When should I start making plans to go home?

You should start planning as soon as you know you are going to be in hospital or right after you are admitted to the hospital.

Do I have to stay in hospital until all my tests are done?

No. Many of your tests may be able to be done as an outpatient. Your doctor will advise you about this.

What if I need special equipment or changes to my home?

The members of your health care team will discuss this with you. Your social worker may advise whether you are eligible for funding for any necessary supports.



Can I still get therapy if I go home?

Yes in some cases, you may be able to access Physiotherapy and Occupational Therapy on an outpatient basis. Your hospital therapist will be able to advise you of this. You, family members or caregivers may be instructed to help you with your therapy at home.

Can I go home if I still need help looking after myself?

Yes. Patients often go home while still requiring some assistance. This may be provided by family members, home care nurses, public health nurses, and/or private care givers.

What if I am unable to return to my own home?

As soon as you, your doctor and other members of the health care team have determined this, the hospital Social Worker will visit you and your family members to discuss what arrangements can be made for you. A Family Conference may be held with the health care team involved in your care to help determine the most appropriate solution for you.

What if I need a special diet?

The hospital dietician may see you to talk about your nutrition which will help your healing and recovery and to maintain a healthy lifestyle. If nutritional education is required at home, the dietician will provide this before your discharge or as soon as possible after discharge on an outpatient basis.

