**QPD - Discharge counselling guidance/ideas/prompts**

(For pre-discharge education should be done whilst demonstrating the PKB record)

This is an ‘After Hospital Care Plan’ which we’ve made specifically for you. It shouldn’t contain any new information, but it may help you to remember details. It may also be useful to take it to any appointments so that you have all the information at your fingertips. *Perhaps give example of community therapist not having details of injuries?*

* Would you like to talk about why you came into hospital and your time in Southmead?
  + *Narrative/story of patient’s pathway including dates and wards visited*
* Can you tell me what your main problem or diagnosis is? There may be more than one
  + *Discuss the nature and severity of the injuries with Xray viewings if appropriate*
* Do you know what treatment you have received for these injuries?
  + *Detail of management discussed in detail*
* And do you know who the doctors were who were responsible for your care?
  + *Describe the specialist teams who are responsible, including the consultant’s name and which their specialist area is*
* Has anyone talked to you about things that you should look out for when you go home?
  + *E.g. Discuss wound care, signs of infection, intransigent PTSD symptoms etc.. and who to consult in event of these*
* And also signs or symptoms which are expected and you shouldn’t be overly concerned about?
  + *Outline normal post-traumatic symptoms e.g. Fatigue and when to be concerned*
* I know that you have had a chat with our pharmacist. Do you have any further questions about your medication?
  + *There shouldn’t be any, but answer if possible or contact pharmacist.*
* What follow-up appointments or services are you expecting after you go home?
  + *List expected outpatient clinic appointments and timings, where they are and who with and give the contact numbers if you are able.*
  + *If appropriate discuss any equipment they are expecting and whether this has been provided.*
  + *Discuss community services or rehab, when they can be expected and where possible give contact numbers.*
* Can we talk about your rehabilitation? What is your understanding of any current limitations to what you are able to do?
  + *Guide them through mobility (including aids), weight-bearing status and duration, ADLs, any feeding or dietary concerns*
* Have you set any goals with the therapists that you’d like to achieve?
  + *Encourage them to reflect on these, or if they are unable to identify any- suggest things that might be meaningful (e.g. climbing stairs, being able to walk around the supermarket.)*
* And have you thought about how you’re going to achieve this?
  + *Discuss suggested exercises, reiterate therapists advice from notes etc.*
  + *Think about pacing, progression and little and often*
* While your body is healing and you are trying to get stronger, it’s also a really important time to think about your general health.
  + *Direct them to the general/specific health plan on PKB and suggest that they read this. Perhaps emphasise things that are particularly pertinent e.g. Smoking.*
* Do you have any further questions for me? Or any specific concerns about going home?
  + *If none, direct them to MT patient line number and reiterate that there will be a follow-up call from the team in two weeks.*