

Post-Discharge Checklist Template

Use this discharge worksheet to capture answers, warning signs, and the steps that must move into Care Routine Setup.

Discharge snapshot

Patient	Discharge date	Diagnosis / procedure	Primary doctor	Hospital / ward	Next follow-up

Questions to ask before leaving the hospital

Topic	Questions to ask	What answer means	Translate into	Done
Medicines	What medicines should be continued, stopped, changed, or started at home?	Defines the exact home dose/timing list and which medicines need monitoring.	Medicine Schedule + Care Routine	%i
Red flags	Which symptoms mean call the doctor, and which mean go to emergency immediately?	Creates the critical-care translation for the family.	Care Routine escalation rules	%i
Monitoring	What readings need to be taken, at what times, and how often?	Turns discharge advice into measurement timings and frequency.	Measurements section	%i
Mobility / wound care	How much movement is allowed? How should wound/device care be done?	Defines physio, support, dressing, and safety steps.	Physio + Care sections	%i
Follow-up	When is the next review, what tests are needed, and who should be contacted?	Sets review checkpoints and next actions.	Review notes	%i

Translation into the care routine template

Discharge answer	Care routine section	What to enter there	Who owns it	Priority
Medicines to continue	Medicines	Name, dose, timing, and change notes	Family caregiver	High
Readings needed	Measurements	What readings, what times, and frequency	Assigned caregiver	High
Emergency warning signs	Escalations	Trigger, action, call order, emergency number	Family lead	High
Wound / device care	Care	Dressing, cleaning, device checks, supply list	Primary caregiver	High
Mobility restrictions	Physio	What movement is allowed and what to avoid	Caregiver + physio	Medium
Follow-up appointments	Review notes	Date, doctor, tests, and preparation items	Family lead	Medium

Questions to confirm before leaving

Question	Why it matters	Answered?	Needs follow-up
What medicines are absolutely essential today?	Prevents missed or duplicated doses.	%i	%i
Which signs mean call the doctor today?	Gives the family a clear first response.	%i	%i
Which signs mean go to emergency immediately?	Separates urgent from non-urgent symptoms.	%i	%i
What exactly should be recorded at home?	Defines the care routine recording template.	%i	%i
Who do we call after hours?	Stops delays when the clinic is closed.	%i	%i

DISCLAIMER

This document is for personal care coordination and recordkeeping only. It is not medical advice, a diagnosis, treatment plan, or a substitute for care from a licensed clinician. In a medical emergency, contact your local emergency number immediately. HomeCare by fit-byte is not an emergency service and does not provide remote diagnosis or telemedicine.