

Ideal Discharge for the Elderly Patient: A Hospitalist checklist

Checklist Element	Particulars	Must Keep	Optional
Medication Education	<ul style="list-style-type: none"> • Written schedule of medication • Include Purpose (reason) and (if apt) Cautions(s) for each medication • Clinical Pharmacist involvement (especially if cognitive impairment, or ≥ 3 Medication changes) 	<p style="text-align: center;">x</p> <p style="text-align: center;">x</p>	x
Cognition	<p>Rather than a Folstein score, some description mention of mental capacity such as:</p> <ul style="list-style-type: none"> • Lucid (full capacity for understanding and executive function, such as being able to follow instructions) • Forgetful (some senescence or impairment of memory) • Dementia (or "Brain Failure" - incapable of reliable recall and/or executive function) 		<p>x</p> <p>x</p> <p>x</p>
Discharge Summary	<p>Needs to be written with the receiving caregiver in mind, including:</p> <ul style="list-style-type: none"> • Presenting problem(s) that precipitated hospitalization • Primary and secondary diagnoses • Key findings and test results • Brief hospital course • Discharge Med Reconciliation (see above) • Condition at discharge (including functional status and cognitive status, if relevant) • Discharge Destination (and rationale if not obvious) 	<p>x</p> <p>x</p> <p>x</p> <p>x</p> <p>x</p> <p>x</p>	Cognitive status

	<ul style="list-style-type: none"> • Any anticipated problems and suggested interventions. • Follow-up appointments with suggested management plan • Pending labs or tests • Recommendations of any sub-specialty consultants • Documentation of patient education and confirmation of patient understanding through teach-back 	<p>x</p> <p>x</p> <p>x</p> <p>x</p>	X
Patient Instructions	<ul style="list-style-type: none"> ε Provide instructions written at 6th grade level ε Any anticipated problems(s) and suggested intervention(s) ε 24/7 call-back number ε Teach-back to confirm patient understanding 	<p>X</p> <p>X</p> <p>X</p> <p>x</p>	
Hazardous Medications (Forster et al)	<p>Plans for proximate follow-up (about one week) tests and/or visits for patients taking (new or changed):</p> <ul style="list-style-type: none"> ε Warfarin ε Electrolyte-disturbing medications (diuretics) ε CV drugs ε Corticosteroids, or Hypoglycemic agents ε Narcotic analgesics 	<p>x</p>	Med specific management
Providers	<p>Identify referring and receiving providers</p> <ul style="list-style-type: none"> • Record in summary • Contact them and communicate immediate follow-up issues 	<p>X</p> <p>X</p>	
Follow-up Plan:	<p>2 weeks generally, or sooner if hazardous medication or fragile clinical condition.</p> <p>Include any testing and/or provider visit appointments</p>	<p>X</p> <p>x</p>	

	<ul style="list-style-type: none"> ε Date ε Name ε Address ε Phone number ε Visit purpose or Responsible person to whom a pending test will be sent. 	<ul style="list-style-type: none"> X X X X X X 	
<p>Medication List:</p> <ul style="list-style-type: none"> ε Pruned ε Reconciled ε Explained 	<ul style="list-style-type: none"> ε NO TEARS Tool ε Indication(s) required for Continuing Care (Nursing Home, etc). • Designate: • "Meds you should no longer take" (R.Resar MD-IHI) • New Meds • Modified Meds • Unchanged Meds 	<ul style="list-style-type: none"> X X X X 	<ul style="list-style-type: none"> X
Code Status	<p>Code status (and any other pertinent end-of-life issue stipulations) discussed with patient and included in the Summary. Including at the least one of the following designations:</p> <ul style="list-style-type: none"> • Full code (unrestricted full therapy) • DNR (Do not resuscitate) • Hospice-type care, or "Comfort measures only" 		<ul style="list-style-type: none"> X X X
Disease-specific Checklist	<p>Disease specific checklist targeting evidence-based practice</p> <ul style="list-style-type: none"> • Pneumonia (immunizations, smoking cessation) • Heart failure (LVEF, ACEI or ARB, Patient instructions, smoking cessation, discharge weight) • Myocardial infarction (ASA, beta-blocker, ACEI, smoking cessation) 	<ul style="list-style-type: none"> X X X X 	