

Discharge Planning Process

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1. Introduction

- Discharge planning prepares a patient for safe transition from hospital to home or another care setting.
- It should begin at or soon after admission, not at the last minute.

2. Goals

- Ensure continuity of care and prevent avoidable readmission.
- Support patient independence and recovery.
- Coordinate community services and follow-up.

3. Key Steps

- Assess the patient's medical, social, and home support needs.
- Set a realistic discharge date and involve the multidisciplinary team.
- Arrange medications, equipment, and any home adaptations.

4. Patient Education

- **Medication reconciliation:** confirm an accurate, up-to-date medication list.
- Explain warning signs, wound care, and activity limits clearly.
- Provide written instructions and follow-up appointment details.

5. Coordination and Follow-up

- Communicate with GPs, community nurses, and family carers.
- Confirm transport and a safe home environment before release.
- Document the discharge summary to maintain continuity of care.