

Hospital Discharge List – Post-Sepsis or Septic Shock

Once you have been told you can go home, you may have questions or concerns. This list is a guideline of some questions you may ask regarding your discharge and suggested actions you may take. Feel free to add your own for a more personalized version. This list is also for caregivers.

Planning	Staff name if applicable	Date accomplished and any notes
Who is my discharge planner? <ul style="list-style-type: none"> • How do I get hold of them if I have questions? 		
Meeting with discharge planner (date and time). <ul style="list-style-type: none"> • Will there be follow-up meetings? • Who else attended the meeting? 		
I have a written copy of my discharge plan.		
Is there someone at the hospital I can contact if I have more questions when I get home?		
What medications will I take at home? <ul style="list-style-type: none"> • Have they changed since I was admitted to the hospital? • How do I take them? • How often do I take them? • How will I tell if they don't work? 		
How did I get sepsis? What type of infection caused it?		
Do I have any follow-up appointments and what kind? <ul style="list-style-type: none"> • What tests do I need to have? • Who makes the follow-up appointments? • If it is me, who are they with and what numbers do I call? • If it is someone else, when will I get the information? Who is it and how do I contact them if I have questions? 		

Will I need home care? <ul style="list-style-type: none"> • If yes, who arranges this? • Does insurance cover this care? 		
Will I need extra services, such as physical therapy, nursing, or occupational therapy? <ul style="list-style-type: none"> • If so, what and how is this arranged? 		
Do I have any restrictions regarding driving, physical activity, etc.? <ul style="list-style-type: none"> • If I can't drive, how do I get to my appointments? 		
Should I follow a special diet?		
When can I go back to work/school? <ul style="list-style-type: none"> • Do I have any restrictions? 		
What complications should I watch for? <ul style="list-style-type: none"> • What should I do if I notice them? 		
For people with pain <ul style="list-style-type: none"> • When should the pain start easing? • How often should I take my pain medications? • When should I call my doctor about my pain? 		
For people with incisions, wounds or drains <ul style="list-style-type: none"> • How do I care for my wound? • Where do I get supplies? • What should I watch for? • When should I call the doctor about my wound? 		
I can understand all the instructions. If no, ask for clarifications or demonstrations.		