



## Discharge Preparation Guide for Complex Home Care Patients

The process for discharge begins when the child is deemed medically stable by the primary team. The primary team will initiate the discharge planning and the plans for follow up appointments.

### **BEFORE DISCHARGE**

#### **☐ Caregiver Training**

- Structured training will be delivered by the home care / ward nurses on skills that are required for the care of the child.

Examples of skills are:

- Gastrostomy care and feeding
  - Nasogastric tube feeding/ insertion
  - Nasojejunal tube continuous feeding
  - Tracheostomy care
  - Suctioning
  - Oxygen therapy
- Caregiver(s) will need to be deemed competent before child can be discharged back home.



Caregiver Training on Nasogastric tube insertion



### ❑ **Equipment/ consumables**

- A list of equipment and consumables required will be generated by the home care nurses. You will receive updates from them regarding the arrangement for collection prior to discharge.

### Examples of consumables:

- Feeding materials: syringes, feeding tube, feeding bag, PH paper
  - Oxygen tubing, suctioning catheter
  - Tracheostomy tube, gloves
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- Point of collection:
    - Consumables: Homecare Pharmacy (at level 1, Cashier Counter, Outpatient Pharmacy)
    - Equipment: Respective vendors will deliver to patient's home/ hospital ward where patient is admitted.





## ❑ **Allied Health Review (if required)**

A group of allied health professionals will be engaged to assess and provide follow up on your child's developmental milestones.

### ➤ **Physiotherapist**

- Review of child's gross motor skills and provide advice on activities which can be performed at home
- Arrangement of customised AFO (ankle-foot orthosis)

### ➤ **Occupational Therapist**

- Review of child's fine motor skills and provide advice on activities which can be performed at home
- Arrangement of customised wheelchair/hand splints

### ➤ **Speech Therapist**

- Review of child's speech and swallowing ability

### ➤ **Dietician**

- Review of child's nutritional status and provide advice on feeding regime(s)

### ➤ **Medical Social Worker**

- Review of the family's financial status and provide assistance as required

### ➤ **Pharmacist**

- Review of child's medication list and advise accordingly upon discharge



### **Home Assessment**

In preparation for discharge, the home care nurse along with the therapists/medical social worker may need to visit your place. This is to help in the assessment of the home environment, and provide necessary advice on adjustment of furniture for ease of care.

### **Rooming-in**

Caregivers can perform rooming-in with the child before actual discharge. This provides an opportunity for them to experience taking care of the child by themselves under a simulated environment.

### **Date and time of discharge**

This will be decided in discussion with caregiver(s) for logistic arrangement.



## ON THE DAY OF DISCHARGE

- Transportation back home can be via different modes
  - Personal transport
  - Taxi/London Cab\*
  - Ambulance (Private/KKH)\*
- \*Prior arrangement needed
- If the child is ventilated or has a tracheostomy, he/she will be accompanied by a home care nurse on the way home.





## **AFTER DISCHARGE**

- A follow up appointment (either home visit or teleconsultation) will be done in 1 week's time. Subsequently, it will be every 6 months to a year, or ad-hoc basis if required. This will be arranged by the Administrative Executive of the Complex Home Care Services.
- Prior to the planned home visit/ teleconsultation, the home care nurse will contact you.
- During the home visit or teleconsultation, the home care nurse will assess the wellbeing of the child, maintenance of equipment(s), and ensure caregiver(s) is/are coping well at home.

Should you have any enquires, you can contact the Home Care Hotline (Hp: 81256712) during office hours (Mon to Thurs: 8.00am to 5.30pm; Fri: 8.00am to 5.00pm).

