

# Inselspital

## Preparation for the Discharge Information and Counseling Session

Dear Patient

Soon you will be discharged from the hospital, either directly to home or to a rehabilitation center. In order to ensure an optimal recovery, we want to be sure you have received all the important information.

Your nurse will sit with you to share information about your recovery period and to answer any questions you may have. Please use this form along with any other discharge materials to prepare for the discussion with your nurse.

Discharge Information:    Open Abdominal Aorta Repair    Heart-Operation    Blood Vessel Operation

Would you like a family member to be present during our Information-Counseling discussion?

Yes       No

Would you like an in depth discussion with your hospital-doctor prior to discharge?

Yes       No

→ If „Yes“, please let your nurse know so that she/he can schedule an appointment for the Information and Counseling session and can inform your hospital doctor.

The Information and Counseling session will contain various topics, depending on your illness and/or operation (also see your discharge information). Please feel free to note any questions that you may have concerning the following topics, to be addressed during the session:

- Symptoms, Warning Signs .....
- Pain .....
- Medications .....

  - Effects / Side Effects .....
  - Doses / Times to take the meds .....

- Stress/strain, Rest .....
- Personal Hygiene .....
- Care of the Scar .....
- Wound Care .....
- Ability to work .....
- Driving a car .....
- Diet and Nutrition .....
- Alcohol .....
- Smoking .....
- Sexual Activities .....

  - Possible connection between disease, medications and sexual activity .....

Do you have any questions in terms of the next steps?

- Appointment with Family Doctor .....
- Post-Op Surgeon Visit .....
- Ambulatory Rehabilitation .....
- Documents (Reports/ Prescriptions) .....

**We wish you a speedy recovery and good health**