



DR. PABLO O. TORRE
MEMORIAL HOSPITAL

RIVERSIDE MEDICAL CENTER, INC.



METRO PACIFIC HEALTH
THE HEART OF FILIPINO HEALTHCARE

DEPARTMENT: Nursing Service Division		POLICY NUMBER: DPOTMH-MPP-SURGCOM-ASC-P008-(01)	
TITLE/DESCRIPTION: PATIENT'S DISCHARGE			
EFFECTIVE DATE: January 31, 2025	REVISION DUE: January 30, 2028	REPLACES NUMBER: N/A	NO. OF PAGES: 1 of 8
APPLIES TO: Ambulatory Surgical Center		POLICY TYPE: Multi Disciplinary	

PURPOSE:

To facilitate a seamless transition from the clinical environment to home care, ensuring patients receive thorough instructions and support for effective recovery.

DEFINITIONS:

Patient's discharge - formal process of releasing a patient from a healthcare facility, after they have received treatment or undergone a procedure. The goal of discharge is to ensure that patients transition smoothly from the clinical environment to their home or another care setting, with the necessary instructions and support for their recovery.

RESPONSIBILITY:

ASC Clerk, ASC Nurse, Physician, Circulating Nurse, Scrub Nurse, ASC Staff

POLICY:

1. Before discharge, the recovery room nurse shall assess the patient's condition to ensure they are ready to leave the facility. This includes checking vital signs, confirming that the patient has recovered from anesthesia, and ensuring that any surgical wounds or procedures are stable.
2. The staff shall evaluate the patient's overall health status to determine if they can safely manage at home, ensuring that the patient can perform essential activities of daily living or has adequate support at home.
3. The patient shall receive written and verbal instructions on how to care for themselves post-surgery, including information on managing pain, changing dressings, taking medications, and recognizing signs of infection or other complications.
4. Patient and folks shall receive the instructions from the Physician. This step helps prevent misunderstandings that could lead to complications.
5. The Circulating Nurse shall instruct patient to schedule follow-up appointments with the relevant healthcare providers to monitor the patient's recovery, crucial for assessing progress and addressing any ongoing issues.
6. The ASC Clerk shall give patients and their folks contact details for reaching out with questions or concerns after discharge, ensuring they have support if problems arise.





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7. If the patient cannot drive themselves, they shall arrange for safe transportation home, especially if the patient has been sedated or is otherwise unable to safely drive.
8. The Circulating Nurse/ASC Clerk shall inform the patient the need to be assisted with their recovery needs, including help with mobility, managing medications, or performing daily tasks.
9. All discharge instructions and plans shall be documented in the patient's medical record, noting any special instructions or follow-up plans that were discussed.
10. The patient's medical record shall be updated with any post-discharge observations, including details from the final assessment and any changes made to the discharge plan.
11. The Circulating Nurse shall give clear instructions on what to do in the event of a medical emergency or if complications develop, including how to contact emergency services and when to seek immediate medical attention.
12. The ASC Clerk shall ensure the patient knows how to reach their healthcare provider or the clinic if they encounter any issues after discharge.
13. The Circulating Nurse shall inform the patient and their folks about potential complications and symptoms that should prompt them to seek medical help, which could include signs of infection, unusual pain, or other red flags.
14. The Circulating Nurse shall confirm that the patient and their caregiver understand the discharge instructions and are comfortable with the care plan, which may involve a teach-back method where they explain the instructions back to the healthcare provider.
15. The Circulating Nurse ensure that all discharge procedures follow hospital policies and regulatory requirements, maintaining high standards of care and ensuring patient safety.
16. The ASC Staff shall regularly reviewing and updating discharge policies based on feedback, new guidelines, and best practices will ensure the policies remain effective and responsive to patient needs.





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PROCEDURE (SOP):

1. The Circulating Nurse ensures the patient's vital signs (such as heart rate, blood pressure, and oxygen levels) are stable and within normal ranges. Confirm that the patient is fully conscious and oriented, has emerged from anesthesia, and is not exhibiting any severe adverse reactions.
2. The Circulating Nurse and Scrub Nurse inspect the surgical site for any issues, including excessive bleeding, signs of infection, or abnormal swelling. Make sure any dressings or bandages are intact and properly applied.
3. The Circulating Nurse determines if the patient requires additional support or assistance due to their medical condition, level of mobility, or post-surgical effects. Ensure that any necessary mobility aids, such as walkers or wheelchairs, are readily available to facilitate safe movement.
4. The Circulating Nurse gently assists the patient as they move from their recovery area to the changing area, offering physical support as needed to ensure their comfort and safety. Respect the patient's privacy by maintaining a discreet and supportive presence throughout the process.
5. The Circulating Nurse leads the patient to the changing area, ensuring that the path is clear of obstacles and that the area is prepared for their use. Helps the patient with removing their surgical gown and changing back into their personal clothing, if they need assistance. Ensures the patient is comfortable and secure in the changing area. Provide any additional support they may need, such as a seat or assistance with clothing.
6. If the patient's family or folks are present, the Circulating Nurse updates them on the patient's status and ensure they are ready to assist if needed.
7. The Circulating Nurse explains the prescribed medications, dosages, and timings, including any over-the-counter pain relievers if needed. They provide instructions on how to take the medications and what to do if pain persists.
8. The Circulating Nurse specifies activities to avoid, such as heavy lifting or vigorous exercise, and give guidance on when they can resume normal activities.
9. The Circulating Nurse educates the patient about symptoms that should prompt immediate medical attention, such as increased pain, fever, redness or swelling at the surgical site, or unusual discharge. The Circulating Nurse gives clear instructions to family members or folks on how to help the patient after discharge, including any specific care requirements or transportation needs.
10. The Circulating Nurse prepares a detailed discharge summary that includes information on the patient's condition at discharge, instructions given, and any follow-up plans. Ensure all relevant details are recorded in the patient's medical record.
11. The Circulating Nurse enters all documentation related to the discharge, including follow-up

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instructions and any additional notes, accurately into the hospital's information system for continuity of care.

12. The Circulating Nurse clearly explains what actions the patient should take if they experience any post-operative complications or emergencies, including how to contact emergency services or the clinic after hours.
13. The Circulating Nurse provides contact information for the clinic's emergency line or after-hours service, ensuring the patient knows how to get in touch if they encounter problems.
14. The Circulating Nurse confirms follow-up appointments with the patient, providing clear instructions on where and when to attend. Offer reminders for any upcoming visits or tests that are part of their recovery.
15. The ASC Nurse/ASC Clerk follow ups with the patient after discharge via phone or email to check on their recovery progress. Provide an opportunity for them to ask additional questions or report any concerns, ensuring continued support as they recover.





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WORK INSTRUCTION:

KEY TASKS	PERSON RESPONSIBLE
1. Ensures the patient's vital signs are stable and within normal ranges.	Circulating Nurse
2. Determines if the patient requires additional support or assistance due to their medical condition, level of mobility, or post-surgical effects.	
3. Assists the patient as they move from their recovery area to the changing area.	
4. Leads the patient to the changing area, ensuring that the path is clear of obstacles and that the area is prepared for their use.	
5. Explains the prescribed medications, dosages, and timings, including any over-the-counter pain relievers if needed.	
6. Specifies activities to avoid, such as heavy lifting or vigorous exercise, and give guidance on when they can resume normal activities.	
7. Educates the patient about symptoms that should prompt immediate medical attention	
8. Prepares a detailed discharge summary.	
9. Enters all documentation related to the discharge, including follow-up instructions.	
10. Follow ups with the patient after discharge via phone or email to check on their recovery progress.	ASC Nurse/ASC Clerk
11. Inspects the surgical site for any issues, including excessive bleeding, signs of infection, or abnormal swelling.	Circulating Nurse and Scrub Nurse

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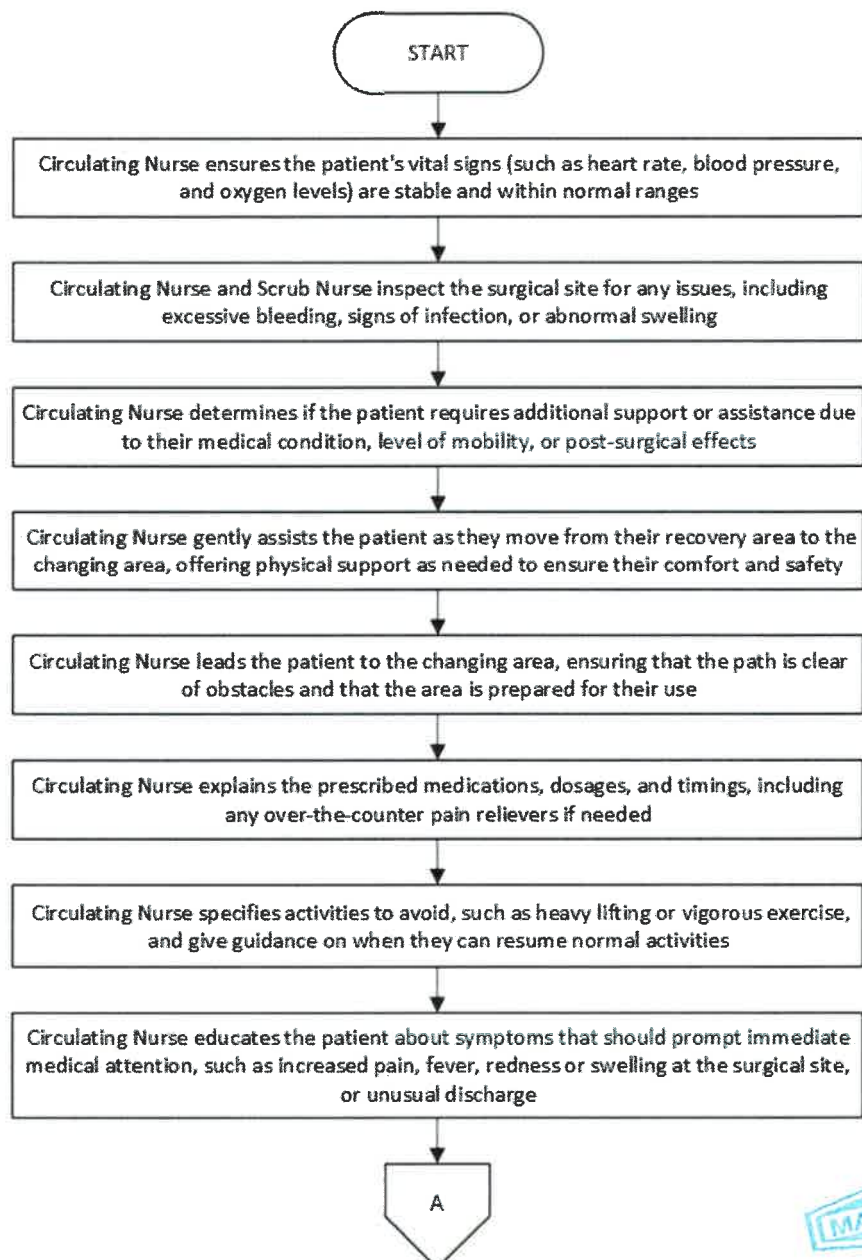
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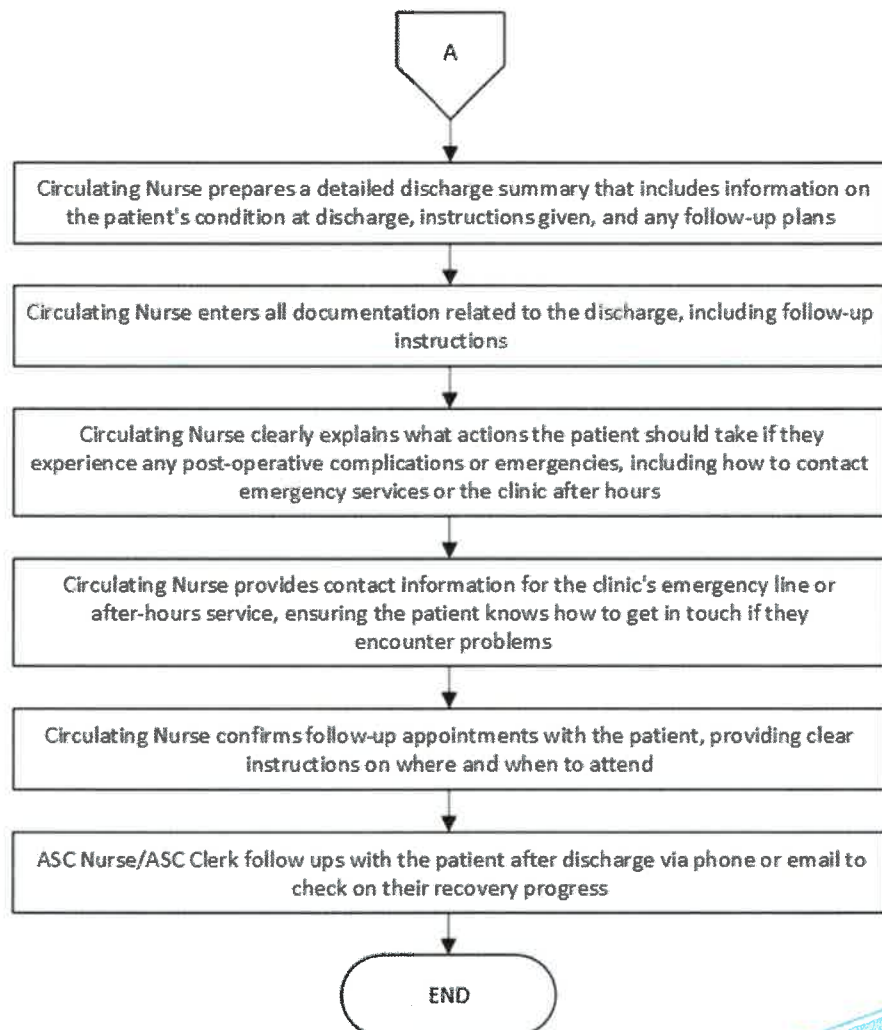
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FORMS: N/A

EQUIPMENT: N/A

REFERENCES: N/A



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