

APPENDIX H

72-HOUR TRANSITION CHECKLIST

Use this checklist to guide the first 72 hours after hospital discharge.

72-HOUR HOSPITAL-TO-HOME TRANSITION CHECKLIST

Patient Name: _____

Discharge Date: _____

BEFORE DISCHARGE:

- ☐ Received written discharge instructions
- ☐ Received updated medication list
- ☐ Understand what changed during hospitalization
- ☐ Prescriptions sent to pharmacy
- ☐ Understand warning signs to watch for
- ☐ Follow-up appointments scheduled or know when to schedule
- ☐ Home health/therapy referrals made
- ☐ Medical equipment ordered
- ☐ Contact information for questions
- ☐ All questions answered

DISCHARGE DAY:

- ☐ Safe transportation home arranged
- ☐ Prescriptions picked up
- ☐ Home prepared (bed made, pathways clear, supplies ready)

FIRST 24 HOURS AT HOME:

Immediate (first few hours):

- ☐ Loved one settled comfortably (bed or chair)
- ☐ Light meal/snack and fluids offered
- ☐ Discharge paperwork unpacked and reviewed
- ☐ Medication list updated in Command Center
- ☐ Discontinued medications removed from pill organizer
- ☐ New medications set up
- ☐ First medication doses given on time
- ☐ Activity and diet instructions reviewed
- ☐ Follow-up appointments confirmed or scheduled
- ☐ Home health agency contacted (if applicable)
- ☐ Safety check completed (environment safe, phone accessible)

Throughout first 24 hours:

- ☐ Close monitoring for warning signs
- ☐ Medications given on schedule and documented
- ☐ Fluids offered frequently
- ☐ Small, easy meals offered
- ☐ Assistance with toileting and personal care
- ☐ Rest encouraged
- ☐ Care log started

HOURS 24-48 (DAY 2):

- ☐ Continued close monitoring
- ☐ Medication routine established and documented
- ☐ Activity encouraged (as permitted—sitting up, short walks)
- ☐ Nutrition and hydration encouraged and tracked

- ☐ Personal care and wound care (if applicable) provided
- ☐ Follow-up appointments confirmed on calendar
- ☐ Heard from home health agency or called them
- ☐ Discharge instructions reviewed again
- ☐ Family updated
- ☐ Self-care for caregiver (rest, food, support)

HOURS 48-72 (DAY 3):

- ☐ Continued routine care and monitoring
- ☐ First home health nurse visit (often around day 3)
- ☐ Questions asked and clarifications received
- ☐ Assessment: Is loved one improving, stable, or declining?
- ☐ Assessment: Are there new concerns?
- ☐ Adjustments made to care plan if needed
- ☐ Preparation for follow-up doctor appointment (list of questions started)
- ☐ Long-term recovery plan considered

CALL THE DOCTOR OR 911 IF:

- ☐ Any red flags or warning signs occur (see **Chapter 7** or discharge instructions)
- ☐ Unable to follow discharge instructions
- ☐ Questions or concerns

NOTES AND OBSERVATIONS (FIRST 72 HOURS):

Date of first follow-up appointment: _____