



# Home Health Aide On-the-Go In-Service Lessons: Vol. 10, Issue 3: Discharge to Community

*Beacon Health a division of HCPro, Paula Long RN CHCE*

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## OVERVIEW

Patient discharge preparation is a crucial element in completing a successful transition of care. By using their relationship with the patient to encourage adherence to the plan, home health aides play a valuable role in getting the patient ready for discharge. This in-service outlines the role aides play in the discharge process and details how they can promote patient self-management skills, as well as obedience to diet, medication, and exercise regimens.

## LESSON OBJECTIVES

After completion of this program, the home health aide will be able to:

- Describe his or her role in preparing the patient for discharge
- Identify patient self-management skills
- Describe specific activities of daily living (ADL) the patient/caregiver must master safely prior to discharge
- Identify and discuss expected patient outcomes prior to discharge

## Contents of this lesson:

- A clearly written fact sheet
- A 10-question post-test to measure understanding of the subject matter
- An answer sheet with a place for the instructor's comments and signature
- An illustrative, homecare-specific case study
- Suggested supplemental learning activities
- An attendance log and certificate of completion

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