

Your Hospital Stay

We want to make sure your hospital stay is only as long as it needs to be.

We will work with you to make a plan for when you can expect to leave the hospital, and what needs to happen before you are ready to safely leave. We start this planning from the time you are admitted. We give you a summary of your stay when you are ready to leave.

The doctor overseeing your stay keeps you informed about each aspect of your care:

- your medical condition
- plan for completing urgent care in hospital
- tests you need and why you need them
- what the tests show
- medicines you need and why you need to take them
- when you are safe to continue healing at home (or in another care setting)

We include those who matter most to you when we talk with you about your progress and any changes in your medical condition or plans for care after your hospital stay.



The 'Understanding My Stay' board in your room is one way we can all see your medical and healing goals for each day.

As part of your plan for care, we focus on 3 ways to help you heal as fast as possible:

- your diet, which could include meal supplements high in protein, because food is medicine
- your activity and mobility, which keep or improve muscle strength, by sitting in a chair each day for meals starting the day you are admitted
- the supports you might need to safely live at home (or in another care setting)

There are many situations where we must move people around, such as when we need the bed for someone who is sicker. We will always explain any moves if we do need to move you to a different bed, different care area, or different hospital.

Any time you have questions about your care or the plan for your care, please ask your nurse or doctor.