

Sample After Hospital Care Plan (AHCP)

****Bring This Plan to ALL Appointments****

After Hospital Care Plan for:

Oscar Sanchez

Discharge Date: August 1, 2012

TRY TO QUIT SMOKING: Call Jon Doe at (555) 555-3344 at ABC Medical Center.


Question or Problem with this Packet? Call your Discharge Educator: (555) 555-2222



Serious health problem? Call Dr. Mark Avery: (555) 555-5555





EACH DAY follow this schedule:

MEDICINES

What time of day do I take this medicine?	Why am I taking this medicine?	Medicine name Amount	How many (or how much) do I take?	How do I take this medicine?
 Morning	Blood pressure	PROCARDIA XL NIFEDIPINE 90 mg	1 pill	By mouth
	Blood pressure	HYDROCHLOROTHIAZIDE 25 mg	1 pill	By mouth
	Blood pressure	CLONIDINE HCl 0.1 mg	3 pills	By mouth
	Cholesterol	LIPITOR ATORVASTATIN CALCIUM 20 mg	1 pill	By mouth
	Stomach	PROTONIX PANTOPRAZOLE SODIUM 40 mg	1 pill	By mouth
	Heart	ASPIRIN EC 325 mg	1 pill	By mouth
	To stop smoking	NICOTINE 14 mg/24 hour	1 patch	On skin
	Then, after 4 weeks use →	NICOTINE 7 mg/24 hour	1 patch	On skin

What time of day do I take this medicine?	Why am I taking this medicine?	Medicine name Amount	How many (or how much) do I take?	How do I take this medicine?
	Blood pressure	COZAAR LOSARTAN POTASSIUM 50 mg	1 pill	By mouth
	Infection in eye	VIGAMOX MOXIFLOXACIN HCl 0.5% solution	1 drop	In your left eye
 Noon	Blood pressure	ATENOLOL 75 mg	1 pill	By mouth
	Blood pressure	LISINOPRIL 40 m	1 pill	By mouth
	Infection in eye	VIGAMOX MOXIFLOXACIN HCl 0.5% solution	1 drop	In your left eye

What time of day do I take this medicine?	Why am I taking this medicine?	Medicine name Amount	How many (or how much) do I take?	How do I take this medicine?
 Evening	Infection in eye	VIGAMOX MOXIFLOXACIN HCl 0.5 % solution	1 drop	In your left eye
 Bedtime	Blood pressure	CLONIDINE HCl 0.1 mg	3 pills	By mouth
If you need it for headache	Headache	TRAMADOL HCl 50 mg	1-2 pills Every 6 hours If you need it	By mouth
If you need it for chest pain	Chest pain	NITROGLYCERIN 0.4 mg	1 pill every 5 minutes (if need more than 3 pills, call 911)	Under your tongue
If you need it to stop smoking	To stop smoking	NICORELIEF NICOTINE POLACRILEX 4 mg gum	Gum	Chew

**** Bring this Plan to ALL Appointments****

Oscar Sanchez

What is my main medical problem?

Chest Pain

When are my appointments?

Wednesday, August 8 at 11:30 a.m.	Thursday, August 16 at 3:20 p.m.	Wednesday September 12 at 9:00 a.m.
Dr. Mark Avery Primary Care Provider (Doctor)	Dr. Anita Jones Rheumatologist	Dr. Lin Wu Cardiologist
100 Main St, 2 nd Floor Anytown, ST	100 Pleasant Rd, Suite 105 Anytown, ST	100 Park Rd, Suite 504 Anytown, ST
For a Followup appointment	For your arthritis	To check your heart
Office Phone #: (555) 555-5555	Office Phone #: (555) 555-6666	Office Phone #: (555) 555-4444

What exercises are good for me?

Walk for at least 20 minutes each day.

What should I eat?

Eating food that is low in fat and low in cholesterol will help you stay healthy.

What are my medicine allergies?

REMEMBER you are **ALLERGIC** to **MOTRIN**.

Where is my pharmacy?

Joe's Pharmacy
1234 Summertime Ave.
Anytown, ST 55555
(555) 555-7777

**Questions for
Dr. Avery**
For my appointment on
Wednesday, August 8th, at 11:30 am

Check the box and write notes to remember what to talk about with Dr. Avery.

I have questions about:

My medicines _____

My pain _____

Feeling stressed _____

What other questions do you have? _____

Dr. Avery: When I left the hospital, results from some tests were not available. Please check for results of these tests.

- I am having trouble with the stairs in my house.
- Someone I live with smokes.
- I feel stressed or overwhelmed.
- I am having trouble getting food.
- There are other things going on in my life that are affecting my health.

August 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Delivery of Bed by Martin, Inc. 555-555-6767	2 N.E. VNA to visit 555-555-8888	3 Pharmacist will call	4
5	6	7	8 Dr. Avery at 11:30am 100 Main St, 2 nd Floor, Anytown, ST	9	10	11
12	13	14	15	16 Dr. Jones at 3:20 pm, 100 Pleasant Rd, Suite 105, Anytown, ST	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

September 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Labor Day	4	5	6	7	8
9	10	11	12 Dr. Wu at 9:00 am at 100 Park Rd, Suite 504, Anytown, ST	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Noncardiac Chest Pain

Noncardiac chest pain is pain that is not caused by a heart problem.

- If your chest pain gets different or worse, call your doctor.
- Take your medicines as prescribed.
- See your doctor and ask questions.



My Medical Problem:

High Blood Pressure

High blood pressure is also called hypertension.

- Avoid salty foods.
- Take your medicines as prescribed.
- See your doctor and ask questions.



Source: National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK).