

Making hard decisions about care

Discharge Plan

It is important to have a detailed, written plan for your child's care at home. The health care team will create the plan with you. It can be sent to the team of health professionals and support workers in your home community as a guide to your child's care. The family is, of course, the main caregivers so that the plan acts as guide to which your family can refer.

We suggest that your plan include the following.

Child's Name: _____

Diagnosis: _____

Focus of Care: _____

DNAR instructions: _____

Diet and Activity: _____

Medications:

- * Daily regular medications
- * Medications that can provide relief for symptoms that come and go such as pain, nausea, seizures, breathlessness, anxiety etc.)
- * Include a medication plan for sudden or extreme situations (critical incident).

Contacts Numbers: _____

You can use the Palliative Care Checklist on the following pages as a quick reference.

This pamphlet is the result of a collaboration between British Columbia's Children's Hospital and Canuck Place Children's Hospice

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online: www.cw.bc.ca/library/bookstore
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Phone: 1-800-331-1533

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Palliative Care Checklist

Use this page to keep track of important phone numbers and resources.

Nurses

Home Care Nurse: _____ Phone: _____ Health Unit: _____ Fax: _____	Nursing Support Services Coordinator: _____ Phone: _____ Fax: _____ Email: _____
Palliative Care Nurse: _____ Phone: _____ Fax: _____ Email: _____	Hospital Nurse: _____ Phone: _____ Fax: _____ Email: _____

GP/Pediatrician:

Phone: _____ Fax: _____
Address: _____

Other Team members working with your family:

Name	Phone #	Roles/Title	Call for Questions about...

	Date	Comments
Family Meetings:		Who attended:
Resources:		
Home Care Nursing		
Nursing Support Services		
Canuck Place		
Palliative care services in our home		
Palliative care services in our local hospital		
Benefits programs:		
At Home Program		
BC Palliative Care Benefits Program		
Others:		
We have been given information about...		
<i>How we got to this point:</i>		
♦ why cure is no longer possible		
♦ the new goal of treatment: comfort vs. cure		
<i>Making decisions about quality of life:</i>		
♦ how to handle emergencies at home		
♦ when to call our doctor or hospital		
<i>Choices of the place for care:</i>		
Right now, we want to be:		
♦ home		
♦ Children's Hospital		
♦ Canuck Place		
♦ Our local hospital		
♦ Other:		
We would like the death to be:		
♦ home		
♦ Children's Hospital		
♦ Canuck Place		
♦ Our local hospital		
♦ Other:		

	Date	Comments
<i>Decisions about care:</i>		
♦ “Do Not Resuscitate” order/breathing support		
♦ feeding and fluids		
♦ antibiotics		
♦ blood transfusions		
♦ physical examinations		
♦ clinic/office visits		
♦ pain medication		
<i>What to expect:</i>		
♦ Symptoms and how to manage them:		
breathing difficulties		
pain		
constipation		
diarrhea		
nausea / vomiting		
bleeding		
confusion		
fever and infection		
seizures		
fatigue		
problems moving		
other:		
♦ Signs that death is near		
♦ Preparing for a death at home		
How to handle emergencies		
Who to call		
♦ What to do after the death		
Decisions about a funeral/service		

	Date	Comments
Parenting tips:		
◆ Personal care and hygiene		
◆ Sleep		
◆ Emotional distress		
◆ Loss of appetite		
◆ Making the most of precious time		
◆ Talking about death:		
Siblings		
Friends / classmates		
Family and friends		
Current Medications:		
- side effects, interactions, routes, methods of delivery, safety at home, storage		
Equipment / Supplies: how to work, safety, troubleshooting, etc., supplier		