

## Day 2, Handout 5

### Discharge planning checklist and patient case study



#### JOHN (67 years)

<b>Admission</b>	Double cardiac bypass. Had previous angioplasty.
<b>History</b>	Lives alone in social housing. Retired.
<b>Barriers</b>	Would rather stop smoking after surgery
<b>Smoking history</b>	40-50 cigarettes/day for 52 years. HSI = 6  Wakes in evenings to smoke. Smokes within 5 minutes of waking.
<b>Treatment plan and progress</b>	Initial treatment: 21mg patch and inhalator.  On day three of admission: second patch added and switched to mouth spray.  Reports coping better. Feeling more confident about the possibility he can stay smokefree but is nervous about returning home and back to old routines.

# The Inpatient Care Bundle

## Discharge planning

**Timeframe:** Prior to discharge based on length of stay (LOS)

**Responsible Team:** Hospital Tobacco Dependence Team

**Duration:** 5–10 minutes

### Clinical checklist

Done

<b>1</b>	<b>Assess progress and any challenges experienced, provide positive reinforcement and reassess readiness to stop or reduce smoking</b>	<input type="checkbox"/>
<b>2</b>	<b>Discuss continued use of treatment and provide supply of tobacco dependence medication/aids</b>	<input type="checkbox"/>
<b>3</b>	<b>Discuss importance of support following discharge from hospital</b>	
	■ Discuss importance and review plans for post-discharge support	<input type="checkbox"/>
	■ Inform patient of post-discharge follow-up calls/contacts	<input type="checkbox"/>
<b>4</b>	<b>Provide guidance on staying smokefree/reducing smoking following discharge</b>	
	■ Discuss plan/tips for staying smokefree following discharge	<input type="checkbox"/>
	■ Discuss plan for dealing with urges to smoke	<input type="checkbox"/>
	■ Reinforce the importance of abrupt cessation and dealing with any lapses	<input type="checkbox"/>
	■ Identify support persons and plan ahead for patients with other people who smoke in the home	<input type="checkbox"/>
<b>5</b>	<b>Provide a summary and address any questions or concerns</b>	
	■ Prompt commitment from patient to staying smokefree or achieving harm reduction goals	<input type="checkbox"/>

### Communication skills used

Build rapport	Use reflective listening	<input type="checkbox"/>
Boost motivation and self-efficacy	Provide reassurance	<input type="checkbox"/>

### After the consultation

Document consultation in patient record	<input type="checkbox"/>
Provide a supply of NRT and/or vaping liquids to be used post-discharge (minimum recommended supply is 2 weeks).	<input type="checkbox"/>
If the patient is taking cytisine provide the remaining tablets in the pack to reach the end of the treatment, 25 days.	<input type="checkbox"/>
Communicate with patient's care team (as needed)	<input type="checkbox"/>
Communicate with prescribers (as needed)	<input type="checkbox"/>
Coordinate community referral (as needed)	<input type="checkbox"/>