Know the Healthcare Team

During their hospital stay, your loved one may be seen by a multidisciplinary team of doctors, nurses, and allied health professionals

Know what they do so you know who to talk to The care services listed below may or may

not be provided to every patient. It depends on what your loved one needs.

Progress of your loved one's condition

Doctor

Provides update on the

- Investigations and treatment plan (including recommendation on therapy and community referrals)
- Disease management Estimated discharge date Discusses advance care planning and End of
 - Life (EOL) plan, if applicable · referral to Intermediate and Long-
 - term Care Services, where applicable

Nurse

provides training to caregiver.

Coordinates plan of care with other

healthcare team members and · Monitor vital signs to track your loved one's psychological status

ensuring accuracy and monitoring for any adverse reactions Discusses discharge planning and provides emotional

- support. Conducts Caregiver Training on care, such as,
 - · Tube feeding · Urinary catheter care Diaper change

Skin and wound care

- situations
- medication and patient care strategies Coordinates and arranges for any

equipment on discharge

Prepares follow-up appointments with relevant healthcare providers

Medical Social Worker Assesses your loved one's psychosocial needs, financial

concerns, support systems, and post-hospital care arrangement.

Helps with your transition home by

support groups) Advising on financial assistance

that your loved one may be

eligible for

leisure) that your loved ones find meaning in.

Assesses your loved

perform daily tasks

such as dressing, showering, and

toileting.

one's ability to

Occupational Therapist Activities of Daily Living (ADLs) Dressing

Advises on · How to modify the home environment (e.g. grab bars, wheelchair ramp) to make it safe and accessible for your loved one

 Assisting your loved one in ADL tasks Home modifications and home safety Physiotherapist Assesses your loved one's physical abilities, including muscle strength, range of movement, balance and

Educates caregivers on

movement

Dietitian

mobility.

adaptive tools, and or modifications as appropriate (e.g. velcro instead of buttons) to make tasks easier Provides caregiver education on Transfer techniques to enable your loved one's and your safety

contractures) Techniques to assist your loved one to move safely, manage pain, and clear secretions

Creates personalised meal plans based on your loved one's nutritional needs and medical condition (e.g. lowsodium diet, high-calorie diet,

diabetic and other therapeutic diet).

eating well.

· Interventions to prevent complications (e.g. joint

 Exercises to enhance your loved one's physical function and

loved one is on tube feeding, monitors their tolerance and adjust the feeds accordingly.

Develops feeding regime if your

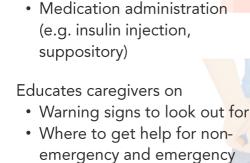
Recommends oral nutritional

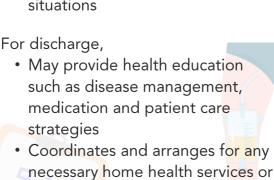
supplement if your loved one is not

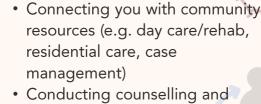
 Tips on how to communicate using alternative methods Safe options when eating

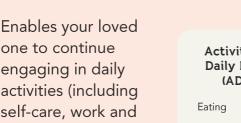
- strengthen swallowing muscles.
- Explains the medications for your

· Administer medication as prescribed,







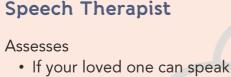


• Assistive devices (e.g. wheelchair, commode),

Showering

Transferring





clearly and understand

· The safety of swallowing

food and drinks

Provides

- and drinking through texture modification Suggests exercises to
- **Pharmacist**
- loved one on the day of discharge What the medication is for · How to take/use the medication





Project Carer Matters 2 in coll and Allied Health Professiona

