



## THE CARE PARTNER PROJECT™

How to Get the Care You Want  
for the People You Love

### WHY PATIENTS OFTEN OVERDOSE THE FIRST NIGHT HOME FROM THE HOSPITAL

- Patients are typically given a dose of medication before leaving the hospital
- The patient may take another dose too soon by mistake if they're in the habit of taking pills before bed or their residential community administers pills on a schedule
- The second dose, taken too early, can send them right back to the hospital

# CHECKLIST

## AVOID MEDICATION MISHAPS

In the hospital, there are something like 13 steps involved in making sure a patient gets the correct medication — and mistakes still occur! Use our [Medication Record Spreadsheet](#) to have a clear plan of what to take and when.

If home is in assisted living, memory support, long-term care or rehab, make doubly sure that:

- You completed the Medication Plan Spreadsheet
- The spreadsheet is shared with everyone involved in their care
- The staff has several copies
- All nursing supervisors are aware of all medications taken the day of discharge and any changes to the medication regimen
- You call to follow up and confirm all details

**MEDICINES TO TAKE AFTER LEAVING THE HOSPITAL**  
[ BE SURE TO INCLUDE NON-PRESCRIPTION AND OTHER MEDICINES AT HOME ]

Name of Medicine, What it Looks Like, Dose (units on bottle, i.e. mg)	Why Taking This Medicine	How Much to Take Each Time	AT WHAT TIME?	How to Take This Medicine (by mouth, in skin, in eye, with food, on empty stomach, etc.)	Taken at Discharge? <input type="checkbox"/> YES <input type="checkbox"/> NO	Need to Be Filled? <input type="checkbox"/> YES <input type="checkbox"/> NO
Prescribed by Dr. _____					If yes, where? _____	When to Take Next Dose: _____ DAY / HOUR AM/PM
Prescribed by Dr. _____					If yes, where? _____	When to Take Next Dose: _____ DAY / HOUR AM/PM
Prescribed by Dr. _____					If yes, where? _____	When to Take Next Dose: _____ DAY / HOUR AM/PM
Prescribed by Dr. _____					If yes, where? _____	When to Take Next Dose: _____ DAY / HOUR AM/PM

\* Look up every medicine at: [www.drugs.com/medications/lookup.html](http://www.drugs.com/medications/lookup.html)  
 \* If 65 or older, check the Beers List for medicines that may be harmful for seniors: <http://www.americangeiatrics.org/files/documents/beers/2012HGBeersCriteriaStatus.pdf>  
 \* Ask about medicines & supplements that can be safely taken for: headaches, other pain, sleeplessness, quitting smoking, nutrition, other (i.e. vitamins, herbs, protein drinks)

QUESTIONS? CONCERNS?  
Please speak up! It's okay to call a doctor later for answers, too.

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The Care Partner Project checklists are for your education only, not intended to substitute for medical advice, diagnosis or treatment.

- Print the spreadsheet in Landscape mode on your printer.
- Use standard printer paper (8.5" x 11").
- Make as many copies as you need.