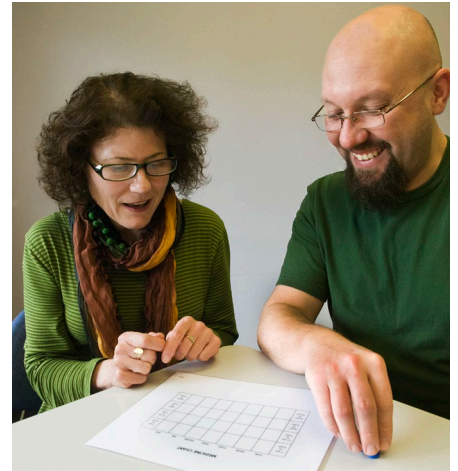


## **Follow-up Care** *After you leave the hospital*

***In this section:***

- ***What to Expect After Discharge***
- ***Your Outpatient Care Team***
- ***Coordinating Your Care***
- ***Requesting Your Medical Records***
- ***Medicines (First Prescriptions and Refills)***
- ***Preventive Care: Staying Healthy Going Forward***
- ***Solving Problems After Discharge***



*Your physiatrist will talk with you about your needs for follow-up therapy.*

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*Preparing a patient and their family for a safe and stress-free discharge is one of the most important things we address in therapy. Our priority is to help patients and families be aware of what questions may come up once they get home, and to make sure they know who to call when something occurs.*

*~ Rehab Staff Member*

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### **What to Expect After Discharge**

- ❑ **Follow-up visits with your Outpatient Care Team.**  
After discharge, your Outpatient Care Team will take over your care. Your attending doctor will arrange for your follow-up visits with this team. It is important to attend these appointments to help manage your ongoing medical and rehab issues.

- ❑ **Medicines: first prescriptions and refills.** You will receive prescriptions for your medicines before discharge. You will also need to get refills as your medicines get low.
- ❑ **Preventive healthcare.** Your Outpatient Care Team will partner with you to create a long-term plan for your health.
- ❑ **Problem solving.** There are resources to help with issues that may arise after you leave the hospital. Ask your care team or social worker for more information.

## Your Outpatient Care Team

### Primary Care Provider (PCP)

Your PCP is usually a family medicine or internal medicine doctor who coordinates care and manages medical issues. This doctor will handle many of your health-related problems, keep your medical history, review your medicines and medical records, and refer you to specialists as needed.

### UWMC Rehabilitation Medicine Clinic

If you and your PCP decide you will have your follow-up visits at UWMC's Rehabilitation Medicine Clinic on 8-South, your first appointment will be made just before discharge. At this visit, you will talk with a physiatrist or nurse practitioner who specializes in rehab issues.

If you have any questions or concerns, call the Rehab Clinic weekdays from 8 a.m. to 5 p.m. The phone number is 206.598.4295. The fax number is 206.598.2813.

### Physiatrist (Physical Medicine and Rehabilitation Doctor)

Your physiatrist will oversee your rehabilitation issues, including home health or outpatient therapies, and prescribing medical equipment or medical supplies. This doctor assesses your needs and also may suggest vocational or psychological counseling, as needed.

## **Specialists**

Other special doctors may help manage your ongoing medical issues. These specialists may be urologists, cardiologists, nephrologists, oncologists, surgeons, or others who have been involved in your care. They will work with your PCP and physiatrist.

## **Physical, Occupational, or Speech Therapists**

Ongoing rehab therapies can be provided, either as an outpatient (at UWMC or other facility) or through a home health agency in your home. Your attending physiatrist will advise you on this. They will then oversee your rehab plan of care for 1 month after discharge or until you see an outpatient physiatrist or other doctor who assumes oversight of your outpatient rehab program.

## **Clinic Nurse**

The clinic nurse is a registered nurse (RN) who can help answer your health questions. They also can make sure your PCP gets important information about your healthcare.

## **Nurse Practitioner**

A nurse practitioner (ARNP) is a registered nurse with special training for providing primary healthcare, including many tasks usually done by a doctor. ARNPs can specialize in a certain area of medicine such as rehab or pediatrics.

## **Nursing Care**

Your Inpatient Care Team may prescribe nursing care. This may be through a home healthcare agency or in a specialty clinic such as Wound Care.

## **Coordinating Your Care**

Your attending doctor will talk with your PCP and specialist doctors and provide a discharge summary of the care you received while you were in the hospital.

## **Choosing Your PCP**

If you do not already have a PCP when you are ready to leave the hospital, your Inpatient Care Team can help you find one.

If you need help finding a PCP after discharge, you can call any of the University of Washington Physician Network (UWPN) Neighborhood Clinics or the General Internal Medicine Clinic (GIMC) at UWMC - Roosevelt, at 206.598.8750. We encourage you to visit your PCP within 2 weeks of discharge.

Your insurance companies may require a referral if you want coverage for seeing other healthcare providers. These referrals can be made by your inpatient doctor or your PCP.

## **Requesting Your Medical Records**

We advise you to have your medical records sent to your PCP. Most patients ask for this to be done when they are discharged from the hospital.

To see your own records, you may:

- Find them on your MyChart page.
- Visit [www.uwmedicine.org](http://www.uwmedicine.org). Click on “I want to...” and select “Access medical records and images.”

## **Medicines (First Prescriptions and Refills)**

Your attending physiatrist will give you a full list of your medicines and prescriptions before discharge. Most of your prescriptions will provide medicine to last 1 month. Your PCP and other consulting doctors will receive a copy of your discharge summary, including a full list of the medicines you were prescribed at discharge.

## **UWMC Prescription Refills**

To refill a prescription, use our Refill Authorization Center (RAC), even if you get your medicines through a different pharmacy. If your prescription says it has no refills left, the RAC will take care of getting it refilled.

**Refill requests take 48 hours to process.** When you need prescription refills:

- If you use an outside pharmacy, call your pharmacy and have them fax us your refill request to **206.744.8538**. This is the fastest way to get refills authorized.
- If you want prescriptions to be mailed to you, call the RAC at **206.744.8513**. Follow the phone instructions and press the # key to proceed. You will need to provide:
  - Your first name, last name, hospital ID number, and your daytime phone number
  - The name of the medicine and the amount you need
  - The name and phone or fax number of your pharmacy
  - The name of your PCP and clinic

### **Coumadin (Warfarin)**

If you are taking the blood thinner Coumadin (warfarin), either your PCP or an anticoagulation clinic must closely monitor your health. If you like, you can ask the Anticoagulation Clinic at UWMC to handle your blood work and Coumadin prescriptions. To learn more, please call 206.598.4874.

### **Preventive Care: Staying Healthy Going Forward**

Routine preventive health visits you will need to schedule include immunizations (vaccines), health risks and healthy lifestyle counseling, and checkups, tests, and screenings.

#### **Immunizations**

Getting the right shots can protect you from various diseases.

#### **Health Risks and Healthy Lifestyle Counseling**

Talk with your PCP about:

- The importance of regular exercise, diet, and healthy eating habits
- Smoking
- Drug and alcohol use
- Birth control and sexually transmitted disease

## Checkups, Tests, and Screenings

Checkups, tests, and screenings help find health problems early. This can help you make changes in your health habits and get treatment that may save or lengthen your life. Knowing the facts can improve your chances of getting good care. Many screenings can be done by your PCP during your yearly physical exam.

No one screening schedule is right for everyone. Be sure to think about your risk factors. For example, if you have a spinal cord injury, you may have a greater risk for urinary tract infections, high cholesterol, or diabetes. Work with your PCP to plan a schedule that is right for you.

You will need to ask for the screenings and tests you want to have done. Do not assume that your PCP will schedule all of the screenings that you need.

At your yearly exam, talk with your PCP about your overall health, your disability, and other aspects of your life. This helps you build a good relationship with your PCP.

This table shows screenings and when they should be done:

When	Healthcare Screenings and Exams
Daily	<ul style="list-style-type: none"><li>• Skin self-checks (if you are feeling-impaired)</li></ul>
Monthly	<ul style="list-style-type: none"><li>• <i>If you were assigned female at birth:</i> Breast self-exam</li><li>• <i>If you were assigned male at birth:</i> Testicular self-exam</li></ul>
Yearly	<ul style="list-style-type: none"><li>• Visit with PCP, check weight and blood pressure</li><li>• Digital rectal exam after age 40</li><li>• Check for blood in your stool (feces) after age 50 to detect colon polyps that may become cancerous</li><li>• Flu shot</li><li>• <i>If you were assigned female at birth:</i><ul style="list-style-type: none"><li>- Clinical breast exam after age 40 (sooner if a self-exam is hard to do)</li><li>- Baseline mammogram in your 30s or 40s, annual mammogram beginning in your 40s</li></ul></li><li>• <i>If you were assigned male at birth:</i> Digital prostate exam and PSA after age 40</li></ul>

When	Healthcare Screenings and Exams
Every 2 or 3 years	<ul style="list-style-type: none"> <li>• Complete blood count with biochemistry study</li> <li>• Cardiac risk assessment after age 40</li> <li>• Urologic assessment (if you have urinary issues)</li> <li>• Assess equipment and posture</li> <li>• Functional assessment: transfers, bed mobility, and locomotion (in wheelchair or walking)</li> <li>• Full skin check</li> </ul>
Every 5 years	<ul style="list-style-type: none"> <li>• Lung capacity (if you have pulmonary impairment)</li> <li>• Lipid panel test for cholesterol levels in your blood</li> <li>• Eye evaluation after age 40</li> <li>• Screening sigmoidoscopy/colonoscopy after age 50 to find colon polyps that may become cancerous</li> <li>• Motor and sensory testing</li> <li>• Review changes in life situation, including coping, adjustment, life satisfaction</li> </ul>
Every 10 years	<ul style="list-style-type: none"> <li>• Tetanus booster</li> <li>• Pneumonia vaccine (if you have lung issues)</li> </ul>

## Solving Problems After Discharge

After you leave the Rehab Unit, you may need help with solving problems. This table gives resources that can help you resolve some issues that may come up:

Issue	What to Do
Medicine questions or other issues that occur <b>right after discharge</b> (the night or weekend after discharge)	<ul style="list-style-type: none"> <li>• For non-urgent questions: <ul style="list-style-type: none"> <li>- Call 8-North (206.598.4800) and talk with a nurse.</li> <li>- Or, call 206.598.6190 and ask to page the rehabilitation doctor.</li> </ul> </li> <li>• If it is an urgent or life-threatening medical issue, <b>call 911</b>.</li> </ul>
Medicine issue or concern	Call your PCP, the Rehabilitation Medicine Clinic (if being followed by the clinic), or the doctor who manages that medicine.

Issue	What to Do
Need medicine refill	Call the Refill Authorization Center (206.744.8538) or pharmacy where the prescription was filled.
Outpatient occupational, physical, or speech therapy issue	<ul style="list-style-type: none"> <li>• If you are currently being seen by OT, PT, or Speech Therapy, call the OT, PT, or Speech Therapist who is providing your care.</li> <li>• If you are having trouble getting started with your rehabilitation therapy, call your UWMC Rehabilitation attending physiatrist, PCP, or Rehabilitation Medicine Clinic (if being followed by the clinic).</li> <li>• If you haven't been seen by your PCP or Rehabilitation Medicine Clinic, have the OT, PT, or Speech Therapist contact your attending physiatrist from 8-North rehab.</li> </ul>
Need copies of medical records	Access your records through MyChart or go to <a href="http://www.uwmedicine.org">www.uwmedicine.org</a> and click on "I want to..." then select "Access medical records and images."
Home healthcare (OT, PT, Speech Therapy, RN, etc.) concern	Have the home healthcare staff contact your attending physiatrist (who originally prescribed the home healthcare), the Rehab Clinic, your PCP, or a specialist doctor (if it is more than 1 month after discharge and/or you have had follow-up visits after discharge).

## Questions?

Your questions are important. Talk with your doctor, nurse, or other healthcare provider if you have questions or concerns.

While you are a patient on Inpatient Rehab, call:  
206.598.4800

After discharge, call your primary care provider or UWMC's Rehabilitation Clinic:  
206.598.4295