

# Discharge Planning & Instruction

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1. To outline discharge guidelines for the safe release a patient from the Emergency Department (ED) to his/her responsible parent/legal guardian(s), receiving facility, law enforcement, social services, or self.
2. To assure that patient and/or legal guardian are informed and educated about the diagnosis, after care instructions, medications prescribed (if applicable), follow-up, and reasons to return to the Emergency Department when discharged.
3. For a patient to be discharged to a person not having legal custody, and a parent/legal guardian cannot be reached for consent for discharge, a nonparent/guardian, adult relative with whom a minor is living with must have previously signed the Caregiver's Authorization Affidavit.
4. A parent may also send a signed consent identifying the person authorized to be responsible for the patient at time of discharge.
5. California law requires confidentiality for patients 12 years of age and older for health information pertaining to services which the minor is authorized to consent.
  - a. This generally covers health care related to sexual relations, drug usage, and/or mental health services. Married, self-sufficient, or emancipated minors have a privacy right for all health information.
6. If phone consent needs to be obtained, two members of the hospital staff must verify that they are speaking with the patient's parent/legal guardian.
7. Consent to transfer to another facility requires written consent by parent or legal guardian.
8. A minor child cannot be released to another minor child.
9. Exception: A parent, who is a minor, may pick up his/her own child.
10. Families are provided education on the need for appropriate car safety restraints upon discharge.
11. If English is not the patient or parent/legal guardian's primary language, an interpreter, as available, will be utilized to interpret the discharge instructions and patient/family education provided by the RN/LIP.
12. Discharge Process
  - a. RN reviews discharge instructions and, if appropriate for patient discharge diagnosis and complete, prints a copy of the instructions.
  - b. RN provides discharge instructions, completes discharge teaching, and answers patient and parent/legal guardian questions,
  - c. RN will provide prescription(s) to patient/parent/legal guardian.
  - d. The complete copy of the discharge instructions is provided to the patient or parent/legal guardian.
  - e. Patient or parent/legal guardian and RN sign the signature page of the discharge instructions.
  - f. Check to see that patient and family have all personal belongings, discharge instructions, and prescription(s), if applicable
  - g. RN completes the discharge in the Electronic Medical Record