

## Stepping Stones to Home for After Spine Surgery

Kids deserve the best.



What I need to know and do to help us get ready to go home.

I can tell you how to use the pain scale to check my child's pain.

I can tell you ways to help my child's comfort besides using medicine. I can show or tell you how to give my child's medicines and the side effects to watch for.

I can show or tell you how to use the medication chart.

I can tell you what signs of infection to watch for and what to do if I see them.

I can tell you about my child's diet and how to limit constipation.

I can show how to care for my child's incision.

I can tell you how and how often to reposition my child. I can tell you when and where I will get my child's medicines.

I can show you how:

☐To get my child out of bed to stand and walk.

☐To move my child to a wheelchair.

I can tell you who to call if I have a question or concern. I can tell you about my child's follow-up tests and appointments.

My child's discharge goals have been met.



## **Stepping Stones to Home**

Being in the hospital can be stressful for you and your child. Before you take your child home, we will work with you to plan for your child's discharge. We want to make sure you know what to do and how to do it. We will make sure you:

- Understand your child's condition, treatments and medicines.
- Know what problems to look for, what to do, and who to call if you have questions or concerns.
- Feel ready to take your child home.
- Have an interpreter present if you need one.

This process will start when we first meet you. We will use this *Stepping Stones to Home sheet*. This helps us make sure you understand everything that is important to care for your child. Every circle is something you may need to know about.

We will talk about your child's care every day. We will ask you to teach-back to us these items on the storyboard. We want to make sure we explained everything you need to know in ways you understand. If we are not clear, we will explain it another way.

If you don't understand something about your child's care, please ask. It is very important that you are comfortable and feel confident to take care of your child safely at home.

Notes or Questions	