

# **AFib Hospital Discharge**

**Doron Schneider, MD**

Being discharged from the hospital can be both a happy and scary time. Patients need to keep track of so many issues to ensure the transition home is both safe and smooth. Come watch as I discharge one of my patients from the hospital after an episode of Atrial Fibrillation, or AFib.

I'll tell you Mr. Adams, your exam looks great. Your Atrial Fibrillation certainly is in control and I think you're ready for discharge. We should transition your care back to your usual doctor at home.

**Mr. Adams**

Man I'm pleased to hear that.

**Doron Schneider, MD**

But before you leave I would like to go over a few things to make sure that you're safe at home and don't wind up back here at the hospital.

**Mr. Adams**

I certainly wouldn't want that to happen.

**Doron Schneider, MD**

Me neither. So to keep things organized I've put together discharge instructions. It has everything that you need to know to prepare you for discharge. And I'd like to start off with the medications that you're taking.

**Mr. Adams**

Okay there's my blood pressure medicine, my cholesterol medicine, and my diabetes medicine.

**Doron Schneider, MD**

Absolutely. Now knowing what medication you're taking and why you're taking them is really important. And as you can see I've listed them all here in your instructions with the dosage and the schedule. Now have you had any trouble in the past with actually getting your medication or remembering to take them?

**Mr. Adams**

After I get them I take them and put them in my weekly pillbox, and I put them on my nightstand so I won't forget them.

**Doron Schneider, MD**

Well that should work. Now as for medications, I don't want you starting any new medications including over-the-counter pain or cold medications before talking to your primary doctor.

**Mr. Adams**

Okay.

**Doron Schneider, MD**

And as for calling your doctor, if you start having symptoms of Atrial Fibrillation such as fluttering in the chest, heart palpitations shortness of breath or dizziness give them a call. But if you start having symptoms of a stroke you need to call 911 and get to the local emergency room as quickly as possible. Now symptoms of a stroke include a new drooping of the face, a weakness of an arm or a leg, or trouble with speech such as slurred speech.

**Mr. Adams**

Ooh that's a lot to remember.

**Doron Schneider, MD**

No, I'm sure you can handle it. But listen, if you do get home and you have some questions, who are you going to call?

**Mr. Adams**

I call you.

**Doron Schneider, MD**

Well absolutely. If it's anything that happened here during the hospitalization or any aspects of your discharge instructions or paperwork, absolutely call me. Otherwise, call your usual doctor. All right?

**Mr. Adams**

Doctor, thank you for your effort. Now I know what to do to stay healthy.

**Doron Schneider, MD**

The discharge from the hospital is an important event. If you have any questions at all about your instructions or plan, please remember to speak up and ask. It's one of the most important things you can do to ensure a safe transition home.

I'm Doctor Doron Schneider, MD and this has been another tip to help you live a healthier life.