

Appendix: Staff conversation guide for **My Next Steps: Getting ready to leave the hospital**

Below is a guide to help you share My Next Steps: Getting ready to leave the hospital with your patient. To help the patient to prepare for their discharge conversation, this resource should be given to the patient prior to their discharge date. Follow the patients lead to determine if they need additional help understanding the document.

“I have a resource to share with you to help you prepare to leave the hospital. I’d like to take a few minutes to explain what this resource is – is now a good time? If not, when can we aim to walk through this together?”

[If patient is open to spending a few minutes reviewing, offer further details below. Otherwise, let the patient review this on their own. Check in with them later and review the information and answer their questions.]

A team, including patients, developed this resource to help you think about what questions and needs you might have before you leave, or are discharged from, the hospital. That way, you can get answers and information you need and feel confident to manage your health at home.

This resource is split up into helpful sections:

- How to use this guide
- Who you would like to have present during your discharge conversation with your health care team
- Questions you may want to ask us before you leave – for example, questions about your medicines, any worries you may have, and follow-up tests and appointments
- Options to get medical care and advice
- And good sources of information for you

I am giving this to you now so that you have time to go through it. This resource is for you to look through at your own pace and refer to whenever you need to. You can even share this with a friend or family member (someone you trust) if you choose, before you discuss your discharge with your health care team.

You’ll notice on the last page that there is space for you to make your own notes [*ensure patient has a pen*]. Remember, this is your document, so write down any questions you have or notes you think would be helpful for you, or your caregiver/friends/ loved ones.

Then, during your discharge conversation with your health care team, you can refer to this document to consider what questions you need answered to help you feel comfortable leaving the hospital.

As you go through it, if you have any questions, please let me know and I can help find the answers.

How does that plan sound? Do you have any questions?”