Appendix G: Patient Oriented Discharge Summary

The Patient Oriented Discharge Summary (PODS) is an easy-to-use discharge summary designed for persons transitioning from hospital to home (164). Most traditional discharge summaries are dense documents with technical terms and are designed to communicate information to primary care providers, rather than persons receiving care. PODS was co-created with persons and their support network, including individuals with limited health literacy and language barriers, to help persons understand important information when leaving a hospital. The resource uses plain language, large fonts, space for persons to take notes and is available in 15 languages.

PODS contains useful information about medications, changes to diet and activities, follow-up appointments and symptoms to watch for after a transition (164). Organizations are encouraged to use the sample template and adapt it to meet the needs of the specific populations they support. PODS should be completed in the presence of persons and their support network using the teach-back method. The implementation of PODS can also be supported through the electronic health record as some electronic health records require mandatory PODS completion before every transition (165). PODS is not meant to replace a traditional discharge summary sent to a primary care provider (164).

APPENDICES

Figure 4: Patient Oriented Discharge Summary (PODS)

_____'s Care Guide

I came to hospital on___/___/___and left on___/___/___

I came in because I have_____

my own notes

Medications I need to take

Name	What it is for	morning	noon	afternoon	night
		☐	☐	☐	☐
		☐	☐	☐	☐
		☐	☐	☐	☐
		☐	☐	☐	☐

How I might feel and what to do

I might feel	What to do	Go to Emergency if:

Changes to my routine

Activity *(i.e. dietary, physical)*	Instruction

Appointments I have to go to

Go see_____for_____on ___/___/___ at ___:___ am/pm

Location:_____#_____ ☐ booked

Where to go for more information

For medication instructions call/go to pharmacist #_____

For_____call/go to_____#_____

Source: Reprinted with permission from: Patient Oriented Discharge Summary (PODS). In: Open Lab [Internet]. Toronto (ON): Open Lab; 2019. Available from: http://uhnopenlab.ca/project/pods/.