



## Contact details:

Clinical Nurse Educator  
Whole of Hospital Program  
Calvary Mater Newcastle

P: 4985 0539

Your estimated discharge date will be:

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**BEFORE** you leave the hospital, please make sure you:

- Understand your care plan for you to manage at home (e.g. medications, follow-up care and appointments).
- Ask about medical certificates, letters and return of private x-rays.
- Ask your doctor about any GP or specialist medical follow-up requirements.
- Understand any home based support services or community based support that may be available.

### About Calvary

Founded in 1885 by the Sisters of the Little Company of Mary, Calvary is a charitable, not-for-profit, Catholic health care organisation. We're responsible for over 12,000 staff and volunteers, 15 Public and Private Hospitals, 15 Retirement and Aged Care Facilities and a national network of Community Care Centres.



Mater Newcastle

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# Criteria Led Discharge



Mater Newcastle

Continuing the Mission of the Sisters of the Little Company of Mary

Calvary Mater Newcastle is a public hospital within the Hunter New England Local Health District network.

To improve our service to patients we have established a discharge process that is led by your recovery. This is called 'Criteria Led Discharge' and means that discharge is dependent on a set of clinical criteria (milestones) you must meet before going home.

## What is Criteria Led Discharge?

Criteria Led Discharge is a process about working together with your care team to make sure your discharge from hospital is not delayed and that you can safely transition home or to another care setting as soon as you are well enough. It has many benefits:

- It clearly outlines how you will be involved in your recovery planning with your healthcare team during your hospital stay.
- You spend less time in hospital because decisions about your transfer are made earlier in your stay.
- Working in collaboration with your healthcare team in goal setting means less time is wasted waiting for the decision to let you go home.

## What will happen under Criteria Led Discharge?

You and your healthcare team agree on a set of goals (milestones) for you to meet before you can be discharged.

Your milestones might include a combination of clinical goals such as having a reduction in symptoms or wellbeing and recovery planning and social (physical) goals for example having somewhere safe to go home.

Your milestones might include clinical goals such as: symptom reduction, physical goals, finishing a course of treatment or having somewhere safe to go home.

The team will work with you to meet these milestones so that you can go home as quickly and safely as possible.

## How will you know you have met the milestones?

A senior staff member will confirm that you have met all of the agreed milestones. If there are no outstanding issues, you will be able to leave the hospital without seeing your doctor for a final time. If there are any concerns the team will contact the doctor to review your health before going home.

## Does this mean you will not see a doctor at all?

No. A doctor will continue to see you regularly throughout your hospital stay. Criteria Led Discharge means that you and the team have agreed on a set of goals prior to discharge including your senior doctor. A senior staff member will work with you to confirm the agreed milestones you will be working towards. You will be discharged once your agreed milestones have been reached.

## The Process:

