



ON AIR



Health Freedom Minute

April 24, 2025

Ask for Written Discharge Instructions

How often does your clinic give you written discharge instructions and go over them with you? A doctor's visit without written discharge instructions is incomplete and could be hazardous to your health.

As an emergency room nurse, I gave patients a one-page discharge instruction sheet and explained next steps so when they left, they had what they needed, and they understood what to do.

In my experience, discharge instructions are rare today. The doctor tells you what to do and expects you to remember it, which is a disservice to patients who may be overwhelmed, intimidated, or lost in the terminology. Next time, ask for written discharge instructions. Do not go home without reading them first and getting all your questions answered. Also, come with a list of questions and a notebook and pen. You'll be glad you did.

"Empowering Patients: Simplifying Discharge Instructions,"

Charisma DeSai et al, BMJ Open Quality, September 14, 2021:

<https://pmc.ncbi.nlm.nih.gov/articles/PMC8442096/>

"Click Here to Sign," Fred Pelzman, MedPage Today, April 7, 2025:

<https://www.medpagetoday.com/opinion/patientcenteredmedicalhome/114990>

Presented daily by Twila Brase, President and Co-founder
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