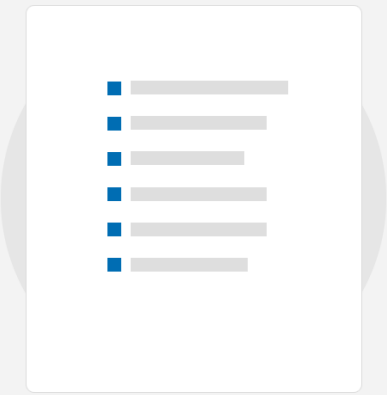
Hospital Stay Patient Checklist

Checking in to a hosptial overnight? Here's a checklist for your stay to make your as comfortable as possible.



- [ ] Get to know your nurses and aides.
- [ ] Make names a must in all hospital interactions.
- [ ] Consider your hospital room your temporary home.
- [ ] Make cleanliness in your room a priority.
- [ ] Consider a visit from your pastor, priest, minister, imam, rabbi, shaman, guru, monk or any other type of spiritual counselor.
- [ ] Create a master medication list.
- [ ] Know your daily medication schedule.
- [ ] Create a daily journal.
- [ ] Wash your hands frequently.
- [ ] Keep hydrated. Patients can easily forget to drink water.
- [ ] Express thanks to your doctors, nurses and aides for their help.
- [ ] Find a patient representative, case manager or social worker who can help you with questions and concerns.
- [ ] Be considerate of your roommate.
- [ ] Try to laugh every day!

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