

Set up teaching with the various team members



The patient and the caregivers will meet with the following team members prior to discharge. Please be prepared to be at the hospital each day for the 3-4 days prior to discharge in order to receive all teachings. You will receive a phone call from the various team members to set up these teaching sessions.

1. Meet with Pharmacist for medication teaching (1 hour)
2. Meet with Post-Transplant Nurse Coordinator (1 hour)
3. Meet with Nutritionist to review recommendation and safety guidelines (30 min)
4. Meet with Occupational and Physical Therapists (30 min)
5. Meet with Case Manager to discuss home care services: home nursing and physical therapy (30 min)
6. Meet with Cardiac Cath NP (10 min)

Prepare for classes with the team members



1. **READ** the transplant binder prior to meeting with nurse coordinators and pharmacists.
2. **PRIOR** to medication teaching Sessions watch the following videos. Scan QR codes
 1. **video:** Understanding your medication card
 2. **video:** Organizing your medications and Using a pill box
3. Program the **UCSF Heart Transplant Emergency #** into your phone 415-353-4145

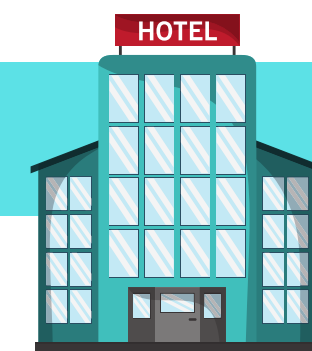


What to purchase or bring from home



1. Bring medications from home which have been continued after transplant. Ask the transplant pharmacist for list.
2. If you are a Kaiser patient, please purchase/bring from home: pill box, blood pressure cuff, thermometer, and pill cutter
3. Food thermometer. Available on-line or groceries stores
4. Bathroom Scale for daily weights

Prepare lodging



1. Relocation to within 30 minutes of UCSF for 6-8 weeks with one caregiver is a transplant program requirement.
2. If you would like to stay at Koz House, your SW will set this up for you while you are still admitted to UCSF.
3. If staying at Koz, please review the accommodations and guidelines with your SW prior to discharge.
4. One caregiver should plan to be with the patient 24/7 for 6-8 weeks after discharge from the hospital.