ACTION READY TOOLS / FREE QUICK CARD

SOMEONE YOU LOVE IS IN THE HOSPITAL

Get answers. Track facts. Prepare for what happens next.

1 / Ask these five questions now

- [ ] What is the immediate medical concern?
- [ ] What is confirmed, and what is still unknown?
- [ ] What treatments or tests are happening now?
- [ ] What change should I report to the nurse immediately?
- [ ] Who will update us next, and when?

2 / Record the critical facts

- [ ] Hospital / unit / date: _____ Main contact: _____
- [ ] Main problem: _____ Next decision or test: _____
- [ ] Key lab / test trend: _____ Latest clinician explanation: _____

3 / Before discharge, verify

- [ ] A single current medication list: new / changed / stopped
- [ ] Prescriptions actually received and available at the pharmacy
- [ ] Active lab orders, dates, and clinician who reviews results
- [ ] Booked follow-ups and who acts on pending results
- [ ] Written warning signs, emergency instructions, and a contact number

4 / Use AI carefully

Remove names and identifiers. Ask AI to translate terms and organize notes, not diagnose.

Copy: 'Separate confirmed facts, possibilities, and unknowns. Give me 3 questions for the team.'

SAFETY FIRST

For immediate danger, alert bedside staff or call emergency services. Do not delay care to consult AI or complete this card. Follow the medical team's patient-specific instructions.

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