

# Know the Healthcare Team

During their hospital stay, your loved one may be seen by a multidisciplinary team of doctors, nurses, and allied health professionals

## Know what they do so you know who to talk to

The care services listed below may or may not be provided to every patient. It depends on what your loved one needs.

## Doctor

Provides update on the

- Progress of your loved one's condition
- Investigations and treatment plan (including recommendation on therapy and community referrals)
- Disease management
- Estimated discharge date

Discusses

- Advance Care Planning (ACP) and End of Life (EOL) plan, if applicable
- Referral to Intermediate and Long-term Care Services (ILCS), where applicable

## Nurse

Coordinates plan of care with other healthcare team members and provides training to caregiver.

- Monitor vital signs to track your loved one's physiological status
- Administer medication as prescribed, ensuring accuracy and monitoring for any adverse reactions

Discusses discharge planning and provides emotional support.

Conducts Caregiver Training on care, such as,

- Tube feeding
- Urinary catheter care
- Diaper change
- Skin and wound care
- Medication administration (e.g. insulin injection, suppository)

Educates caregivers on

- Warning signs to look out for
- Where to get help for non-emergency and emergency situations

For discharge,

- May provide health education such as disease management, medication and patient care strategies
- Coordinates and arranges for any necessary home health services or equipment on discharge
- Prepares follow-up appointments with relevant healthcare providers

## Medical Social Worker

Assesses your loved one's psychosocial needs, financial concerns, support systems, and post-hospital care arrangement.

Helps with your transition home by

- Connecting you with community resources (e.g. day care/rehab, residential care, case management)
- Conducting counselling and support groups
- Advising on financial assistance that your loved one may be eligible for

## Occupational Therapist

Enables your loved one to continue engaging in daily activities (including self-care, work and leisure) that they find meaning in.

Assesses your loved one's ability to perform daily tasks such as dressing, showering, and toileting.

Advises on

- How to modify the home environment (e.g. grab bars, wheelchair ramp) to make it safe and accessible for your loved one
- Assistive devices (e.g. wheelchair, commode), adaptive tools, and or modifications, as appropriate (e.g. velcro instead of buttons) to make tasks easier

Provides caregiver education on

- Transfer techniques to ensure safety for both you and your loved one
- Assisting your loved one in ADL tasks
- Home modifications and home safety

## Physiotherapist

Assesses your loved one's physical abilities, including muscle strength, range of movement, balance and mobility.

Educates caregivers on

- Exercises to enhance your loved one's physical function and movement
- Interventions to prevent complications (e.g. joint contractures)
- Techniques to assist your loved one to move safely, manage pain, and clear secretions

## Dietitian

Creates personalised meal plans based on your loved one's nutritional needs and medical condition (e.g. low-sodium diet, high-calorie diet, diabetic and other therapeutic diet).

Recommends oral nutritional supplement if your loved one is not eating well.

Develops feeding regime if your loved one is on tube feeding, monitors their tolerance and adjust the feeds accordingly.

Assesses

- If your loved one can speak clearly and understand words
- The safety of swallowing food and drinks

Provides

- Tips on how to communicate using alternative methods
- Safe options when eating and drinking through texture modification

Suggests exercises to strengthen swallowing muscles.

## Pharmacist

Explains the medications for your loved one on the day of discharge

- What the medication is for
- How to take/use the medication
- When to take the medication
- Any side effects



Scan the QR code to access more health information on our TTSH Health Library

Project Carer Matters 2 in collaboration with Nursing and Allied Health Professionals  
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