

Support Person Checklist

Do You Know?

Item	Yes	No
About blood thinning medication? • Precautions and signs of bleeding		
Signs and symptoms of a blood clot and pulmonary embolism?		
How to change the dressing?		
Pain medication Do's and Don'ts		
Signs and symptoms of an infection?		
How to put compression stockings on • How often should stockings be worn or removed?		
How to use the incentive spirometer and how often?		
Any movement restrictions?		
How to assist the patient out of bed?		
How to assist the patient up and down the stairs?		
Exercise program to follow at home?		
Diet recommendations?		
Equipment uses?		

If you have any questions or concerns, please do not hesitate to ask a member of the Team prior to discharge or contact Nurse navigation 208-500-9813.