What is Criteria Led Discharge?
Criteria Led Discharge is a process where the healthcare team work with you to ensure your timely discharge from hospital is safe. Discharge from hospital happens when you are medically ready to go and agreed goals for your healthcare are met.

Benefits to You
- You and your family can plan well ahead for leaving the hospital.
- You will know what needs to happen before you leave.
- You won’t need to stay in hospital any longer than is necessary.

The Criteria Led Discharge Process
- The process clearly outlines what both you and your healthcare team need you to accomplish during your hospital stay.
- You spend less time in hospital because decisions about your discharge are made before admission and early during your stay.
- You spend less time waiting for decisions to be made regarding your discharge as all required recovery goals are outlined.

Criteria Led Discharge recovery goals may include:
- Ability to mobilise safely.
- Your blood pressure and temperature are within the required range.
- Your home environment is ready for your discharge. When the goals are reached they will be documented in your medical record.

How will you know you have met the recovery goals related to your care?
- A senior healthcare staff member will confirm that you have met all the agreed recovery goals.
- If there are no outstanding issues, you will be able to leave the hospital without seeing your doctor for a final time.
- If there are any concerns the team will contact the doctor to review your health before your discharge.

Will my hospital doctor be involved in decisions about my care?
- Yes. Your hospital doctor will continue to see you regularly throughout your hospital stay.

BEFORE you leave hospital, please make sure you:
- Understand your care plan for you to manage at home (e.g. medications, follow-up care and appointments, home based or community services).
- Ask about medical certificates, letters and the return of your private x-rays.

What should you do if you want to discuss any aspect of your care in hospital?
Please ask to speak to the nurse in charge or the Nursing Unit Manager of your ward.
If you do not feel that they are addressing your issues please contact the Consumer Relations Co-ordinator Manly Hospital by email:
NBHSConsumerRelations@health.nsw.gov.au or by phone on 9998 0295.