



How to recover after a hospitalization?



If you have recently been hospitalized, you most likely do not want to be admitted again. Unfortunately, hospital readmissions sometimes occur due to patient fears, not understanding the instructions given in the Discharge Summary, or not knowing about the use of the new medications. Below, First Medical Health Plan, Inc. offers some recommendations for after your discharge.

1. Make an appointment with your doctor

Visiting your doctor during that first week after being discharged from the hospital, greatly reduces the chances of suffering from health complications. Your doctor can answer any of your questions and make sure your recovery is satisfactory. Remember to give the Discharge Summary that you were given at the hospital to your doctor. Write down your appointments in a notebook since it is important to keep your follow-up appointments. Make sure to write the date and time of your appointment and put it in a visible place. Before going to the appointment, write down any concerns you have and the questions you want to ask your doctor.

2. Talk to your doctor about the medication

When you go to your doctor's appointment, take all the medicines (with or without prescription) that you use. It is important that your doctor knows everything you are taking, since the medications you started taking in the hospital could interfere with your regular treatment.

LIST OF MEDICATIONS					
Name and dose of medication	What color is it?	What do I take it for?	When should I take it?	Daily dose	How long should I take it?
Example: <i>25 mg sample pill</i>	<i>Pink capsule</i>	<i>Pain</i>	<i>1 every 4 hours</i>	<i>6 capsules</i>	<i>For 2 weeks</i>

It is important that you visit your doctor for clinical consultation and to keep your health under control.

The list of medications is a recommendation that you could use and manage along with your doctor. We encourage you to read and review this recommendation carefully. The recommendation offered is not intended to replace your doctor's instructions.

3. Receive support from your family and friends

Go to your medical appointment with a family member or a friend. Your family member or friend could help you understand important information provided by your doctor.

4. Ask your doctor about preventive services, according to your group and age

Most chronic conditions can be prevented by adopting good eating habits, doing physical activity, and maintaining a healthy lifestyle. It is necessary to know your health status through preventive tests. It is possible to delay and even avoid chronic diseases and their complications through routine monitoring and early detection of diseases. Next, we provide you with a list of some preventive services.

	Preventive Test	Frequency	Group and Age
	Mammography Clinical breast exam	Every 1 to 2 years	Women 40 years and older
	Pap Smear HPV exam (Human PapillomaVirus)	Every 3 years Every 5 years	Women 21 to 29, cervical cytology Women 30 to 65 years, cervical cytology (combined)
	Mellitus diabetes Type 2 Glycosylated Hemoglobin Nephropathy (urine test for albumin or protein) and visual examination	Annual Every 3 years	Overweight and obese adults ages 40 to 70 who have no symptoms of diabetes People with normal blood glucose results
	Hypertension	Monitoring every 3 months	Men and Women with several consecutive elevated readings
	Cholesterol Lipid Panel	Annual	From the age of 20. High risk for men ages 35 and 45
	Body Mass Index, BMI	Annual	Women predisposed to developing coronary heart disease
	Colorectal Cancer gFOBT y FIT (fecal immunochemical test) Sigmoidoscopy Colonoscopy	Annual	Adults 45 and over
		Every 3 to 5 years	Adults 50 to 75 years
		Every 10 Years	
	Vaccination Influenza	Annual	People from 1 to 90 years old People with chronic diseases

Consult the necessary preventive tests according to your age, gender, family history and health history with your doctor and discuss the results of the tests performed.

5. Integration of Physical and Mental Health Services

Everything related to your physical and mental health can affect all the areas of your life. Talking to your doctor and your family members will help you understand the best way to manage your health condition. It is important that you contact your doctor to receive more information or advice on how you and your family can address physical and emotional health concerns.

If you have experienced or are experiencing any of the following situations, you must notify it as soon as possible:

- a) Have you felt anxious, worried, or scared?
- b) Have you had trouble sleeping, concentrating, or had any behavior change?
- c) Have you lost interest in activities you used to do?
- d) Have you felt unable to feel happiness, joy, or love?
- e) Have you changed your eating habits?
- f) Have you had sudden mood swings?
- g) Have you used any of the following substances: alcohol, hallucinogens, sedatives, or drugs?
- h) Have you had panic attacks?

6. For assistance or additional information

At First Medical we are committed to your health and well-being. If you have questions about your benefits or need assistance, remember that we can help coordinate a service. Call us at the number on the back of your card. Customer Service Physical and Mental Health 1-844-347-7800 (TTY): 1-844-347-7805. Visit our website www.firstmedicalvital.com

7. Consult with your doctor

You can contact your doctor for more information or advice on how you and your family can cope with physical and emotional concerns. Also, how to recover after a hospitalization?

Important

If you need emergency services for physical or mental health, you can dial 9-1-1 or consult our Medical Advice Line, Vital Health Plan 1-844-347-7801 (TTY): 1-844-347-7804.

References:

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