

## READINESS FOR HOSPITAL DISCHARGE SCALE – RN POSTPARTUM FORM ©

Please check or circle your answer. Most of the responses are on a 10-point scale from 0 to 10. The words below the number indicate what the 0 or the 10 means. Pick the number between 0 and 10 that best describes how you feel. For example, circling number 7 means you feel more like the description of number 10 than number 0 but not completely.

1. How physically <b>ready</b> is your patient to go home?	0   1   2   3   4   5   6   7   8   9   10 Not ready <span style="float: right;">Totally ready</span>
2. How would you describe your patient's <b>pain or discomfort</b> today?	0   1   2   3   4   5   6   7   8   9   10 No pain/ discomfort <span style="float: right;">Severe pain/ discomfort</span>
3. How would you describe your patient's <b>strength</b> today?	0   1   2   3   4   5   6   7   8   9   10 Weak <span style="float: right;">Strong</span>
4. How would you describe your patient's <b>energy</b> today?	0   1   2   3   4   5   6   7   8   9   10 Low energy <span style="float: right;">High energy</span>
5. How much <b>stress</b> is your patient feeling today?	0   1   2   3   4   5   6   7   8   9   10 None <span style="float: right;">A great deal</span>
6. How <b>emotionally</b> ready is your patient to go home today?	0   1   2   3   4   5   6   7   8   9   10 Not ready <span style="float: right;">Totally ready</span>
7. How would you describe your patient's <b>physical ability</b> to care for <u>herself</u> in the first few days after going home?	0   1   2   3   4   5   6   7   8   9   10 Not able <span style="float: right;">Totally able</span>
8. How would you describe your patient's <b>physical ability</b> to care for her <u>baby</u> in the first few days after going home?	0   1   2   3   4   5   6   7   8   9   10 Not able <span style="float: right;">Totally able</span>
9. How much does your patient <b>know about caring for herself</b> after going home?	0   1   2   3   4   5   6   7   8   9   10 Knows nothing at all <span style="float: right;">Knows all</span>
10. How much does your patient <b>know about caring for her baby</b> after going home?	0   1   2   3   4   5   6   7   8   9   10 Knows nothing at all <span style="float: right;">Knows all</span>
11. How much does your patient <b>know about problems to watch for</b> after going home?	0   1   2   3   4   5   6   7   8   9   10 Knows nothing at all <span style="float: right;">Knows all</span>

12. How much does your patient <b>know about who and when to call</b> if she has problems after going home?	0 1 2 3 4 5 6 7 8 9 10 Knows nothing at all Knows all
13. How much does your patient <b>know about restrictions</b> (what she is allowed and not allowed to do) after going home?	0 1 2 3 4 5 6 7 8 9 10 Knows nothing at all Knows all
14. How much does your patient <b>know about follow-up medical care</b> she and her baby need after going home?	0 1 2 3 4 5 6 7 8 9 10 Knows nothing at all Knows all
15. How much does your patient you <b>know about services and information</b> available to her in her community after going home?	0 1 2 3 4 5 6 7 8 9 10 Knows nothing at all Knows all
16. How well will your patient be able to <b>handle the demands</b> of life at home?	0 1 2 3 4 5 6 7 8 9 10 Not at all Extremely well
17. How well will your patient be able to <b>perform her personal care</b> (for example, care of her stitches, incision, breast care, hygiene, bathing, toileting, eating)?	0 1 2 3 4 5 6 7 8 9 10 Not at all Extremely well
18. How well will your patient be able to <b>perform baby care</b> ?	0 1 2 3 4 5 6 7 8 9 10 Not at all Extremely well
19. How much <b>emotional support</b> will your patient have after going home?	0 1 2 3 4 5 6 7 8 9 10 None A great deal
20. How much <b>help</b> will your patient have with her <b>personal care</b> if needed after going home?	0 1 2 3 4 5 6 7 8 9 10 None A great deal
21. How much <b>help</b> will your patient have with <b>household activities</b> (for example, cooking, cleaning, shopping, babysitting) after going home?	0 1 2 3 4 5 6 7 8 9 10 None A great deal
22. How much <b>help</b> will your patient have with <b>baby care</b> after going home?	0 1 2 3 4 5 6 7 8 9 10 None A great deal