

Continue Monitoring at Home

Good monitoring helps protect the progress made during rehabilitation



Family members know the patient well – a new change from their usual condition may be important.

After discharge, continue to observe the patient's health and daily function.



At home, pay attention to:



General condition, alertness and behavior.



Mobility, walking and balance.



Eating and drinking.



Urination and bowel movements.



Skin condition.



New pain or changes in existing pain.



Changes in the ability to perform daily activities.



Continue follow-up and treatment according to the discharge instructions.



Daily Health Monitoring

What should you check at home?

Monitoring should be based on the patient's condition and the healthcare team's recommendations.



Blood pressure & pulse

If monitoring was recommended, measure and record the results.



Body temperature

Check when the patient feels unwell or according to instructions.



Blood glucose

If glucose monitoring is required, continue according to the prescribed plan.



Food & fluids

Watch for a significant decrease in appetite or fluid intake.



Urination & bowel movements

Notice significant changes in frequency, amount or usual pattern.



Keep a simple record:



Date



Time



Measurement / Symptom



Any change you noticed



Bring your record to medical appointments. It helps the team understand and make better decisions.



Not everyone needs every measurement – follow the patient's individual monitoring plan.

Function, Skin & Swallowing

Health monitoring is more than checking vital signs



Mobility & balance

Watch for a new decline in walking, standing up, transfers or balance, and for falls or near-falls.



Skin

For patients with limited mobility, regularly check pressure areas. Look for persistent redness, new wounds, swelling or discharge.



Eating & swallowing

Watch for coughing or choking while eating or drinking, a new “wet” voice after swallowing, or new difficulty swallowing.



Alertness & behavior

New confusion, unusual drowsiness or a sudden change in behavior requires attention.



Daily function

A new decline in dressing, bathing, eating or another activity the patient could previously perform should be reported.



Report any new or unusual changes to the healthcare team.

Early recognition leads to better outcomes.





WARNING SIGNS:

When to Seek Medical Advice



Do not ignore a significant new change in the patient's condition



Persistent fever or worsening general condition

Fever above 38°C (100.4°F) or feeling worse over time.



New, significant or worsening pain

Pain that is new, severe, or does not improve.



Repeated vomiting or difficulty eating/drinking

Unable to keep food or fluids down, or a significant decrease in intake.



New changes in urination or bowel movements

Significant changes in frequency, amount, color, or usual pattern.



New wound or skin changes

Persistent redness, swelling, discharge, or a wound that is getting worse.



Fall or injury

Especially if accompanied by injury, pain or a change in function afterward.



Significant changes in your measurements

Changes in blood pressure, blood glucose or other values you monitor.



New confusion or decline in function

Unusual confusion, drowsiness, or a new decline in daily abilities.



If you are unsure about a new or concerning change,

contact the healthcare team for advice.



Early recognition
saves time



Timely action
prevents complications



Your attention
makes a difference



EMERGENCY WARNING SIGNS

Some symptoms require immediate medical attention



Seek urgent medical help (call 101)



Sudden or severe difficulty breathing

Shortness of breath at rest, rapid breathing, or blue lips/fingertips.



New or severe chest pain

Pain or pressure in the chest that is new, severe, or spreading to the arm, jaw or back.



Loss of consciousness or major change in consciousness

Fainting, not responding, or not waking up as usual.



Significant bleeding that does not stop

Bleeding that is heavy, continuous, or does not stop after applying pressure.



Severe allergic reaction

Difficulty breathing, swelling of the face, lips or tongue, widespread rash, or sudden dizziness.



When in doubt – seek medical advice. It can save a life.

Suspect a stroke? Remember **BE FAST**:

B



Balance

Sudden loss of balance or coordination.

E



Eyes

Sudden vision problems in one or both eyes.

F



Face

Facial drooping or asymmetry. Ask the person to smile.

A



Arms

Sudden weakness or numbness in one arm. Ask to raise both arms.

S



Speech

Difficulty speaking or understanding. Ask to repeat a simple sentence.

T



Time

Time to call emergency services immediately – every minute matters!



Quick recognition and immediate action can reduce damage and save lives.



Monitoring + Early recognition + Timely action = Safer recovery at home



A Bridge to Safer Rehabilitation



Your awareness protects progress.



Your care makes the difference.



Together, we build a safer recovery.

Neurological Rehabilitation Department
Dorot Geriatric Medical Center

 [GASHER.org.il](https://www.gasher.org.il)