



Early Supported Discharge (ESD)

You need to be monitored for a few more days but you can do this from the comfort of your own home!



That's great, that means I can be with my loved ones!

Early Supported Discharge Service at Alexandra Hospital

Alexandra Hospital's Early Supported Discharge (ESD) service is a home-based programme for patients who have been deemed suitable to be discharged home sooner with the nursing support they may need, to monitor their recovery and assist with certain nursing procedures.

Benefits of ESD:

- Reduces hospital stay while ensuring patients have the support needed for a smooth transition.
- Empowers patients to be more self-reliant and to be proactive in their own recovery.

Eligibility Requirements:

A patient under this programme will have to meet the following prerequisites:

- ▶ The care team has assessed that the patient is stable and ready to be self-monitored or home-monitored by a caregiver at home, for up to three working days.*
- ▶ Be able to perform simple vital signs monitoring at home with advice from ward nurses.
- ▶ Remain contactable to ESD team for monitoring of symptoms during the stay at home.
- ▶ Perform video calls via Whatsapp.

Before discharge, the hospital physician will assess your condition to ensure the ESD programme is suitable for you.

**Service duration depends on clinical assessment*

How would care be delivered?

Under our Early Supported Discharge programme, nurses conduct both home visits and/or teleconsultations depending on patient's condition.

Nursing interventions provided includes but not limited to:


- Caregiver training
- Nursing procedures (eg. wound care and urine device management)
- Blood taking
- Patient and family education
- Medication titration



For more information
Tel: 9829 7594
Operating hours: Monday to Friday
(Excluding Public Holidays)
8:30am to 5:00pm



**Scan the QR code to
view video about ESD**

Alexandra Hospital | 378 Alexandra Road, Singapore 159964.
Main Line: +65 6908 2222 | www.ah.com.sg |
  AlexandraHospitalSG

Information is accurate at the time of printing (Jan 2025).