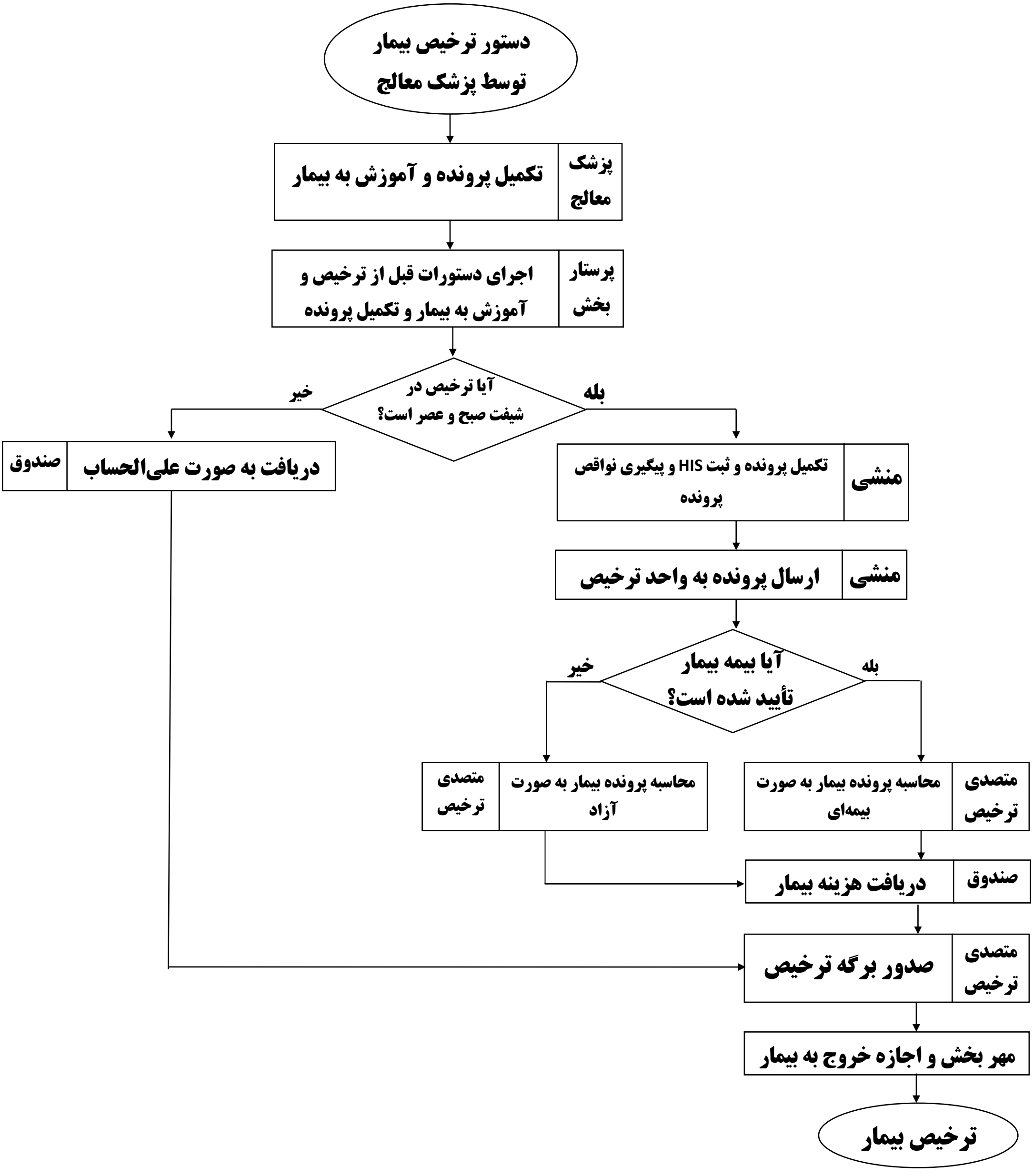فرایند ترخیص بیمار