



## You & Your Health Care Provider

# Partners in Safety

Health care professionals throughout Prairie North Health Region are working hard to make sure you receive the best and safest health care possible. You - as a patient, resident, or client of our health services - can help, too, by being an active, involved and informed member of your health care team. People who are involved do better and stay safer.

## COMMUNICATE - BE INVOLVED IN YOUR HEALTH CARE



- ⇒ Speak up if you have questions or concerns about your care.
- ⇒ Make sure that if you are seeing more than one doctor of other health care provider, each is aware of your visits to the other.
- ⇒ Find out which doctor will be in charge of your care while you are in hospital.
- ⇒ Write down the questions you want to ask your doctor or other health care provider.
- ⇒ If you don't understand, don't be afraid to ask again.
- ⇒ Before you leave the hospital, ask your physician or other health care provider to explain the treatment plan you are to use at home and what you can expect.

## PREVENT THE SPREAD OF INFECTIONS

- ⇒ **Clean your hands** with soap and water, especially after you use the restroom and before you eat.
- ⇒ Ask everyone who comes in contact with you - including your health care providers, your family members, and visitors - to **clean** their hands to reduce your exposure to germs.



# USE MEDICINES SAFELY



- ⇒ Keep an up-to-date list of the medications you are taking including prescriptions, vitamins, herbals, food supplements, or any other drugs.
- ⇒ Have your pharmacist help you keep your list of medications current.
- ⇒ Bring your medication list with you every time you visit your doctor or other health care provider, or whenever you go to the hospital.
- ⇒ Make sure you know the name of all your medications and why you are taking them.
- ⇒ When a doctor or nurse practitioner prescribes a new medicine for you, ask if it will interfere with or replace any medication you are already taking.
- ⇒ Wear your hospital bracelet at all times while you are in hospital. Do not accept medications from any health care provider if he or she has not checked your hospital ID bracelet.
- ⇒ Don't be afraid to tell your health care provider if you think you are about to receive the wrong medication. Ask the health provider to check your chart before taking the medication.
- ⇒ Tell your health care provider if you do not feel well after receiving a medication.
- ⇒ Inform your health care provider if you have ever had a bad reaction to a medication or to an anaesthetic.
- ⇒ Keep an up-to-date list of any allergies you have to medicine, food or anything else.

## PREVENT FALLS:

Falls are the most common cause of injury in older adults.

### While you are in hospital:

- ⇒ Keep your glasses, cane or walker within easy reach.
- ⇒ Wear slippers or shoes that will not slide.
- ⇒ If something spills on the floor, call your health care provider immediately to have the spill cleaned up.
- ⇒ If you get dizzy or your legs feel weak:

- ◆ **STOP!**
- ◆ **SHOUT FOR HELP!**
- ◆ **EASE YOURSELF SLOWLY TO THE NEAREST CHAIR, BED, OR TO THE FLOOR!**



### Make your home safer:

- ⇒ Remove things you can trip over from the stairs and places where you walk.
- ⇒ Remove small throw rugs or use double sided tape to keep rugs from slipping.
- ⇒ Use non-slip mats in the bath tub and on shower floors.
- ⇒ Improve the lighting in your home.
- ⇒ Have handrails put on all stair-cases.
- ⇒ Wear slippers or shoes that will not slide, both inside and outside the house.

