

# Your Hospital Safety Checklist: Be Involved. Be Safe.

This is a guide for you and your family to help us ensure your health and safety while in the hospital.

## **Be an active member of your healthcare team to help prevent errors**

- Take part in decisions about your treatment
- Follow your treatment plan
- Speak up if something doesn't seem right or seems unusual
- Know and understand what procedures are planned
- Tell your doctor if you have new pain, and ask about options for pain relief

## **Don't be afraid to ask questions**

- You have a right to ask questions to anyone who is involved with your care
- Ask questions about your condition, treatment and procedures
- Write down questions to ask the doctor or healthcare team when they come in
- Ask what doctor is in-charge of your care and to be notified if this changes
- Ask healthcare team members to identify themselves and their role

## **Identify yourself**

- Wear your identification wristband(s) at all times
- Insist all healthcare team members check your wristband and confirm who you are before any medications, treatments, or procedures

## **Know your medications**

- Tell your doctor all medications you are taking at home
  - Include prescriptions, over-the-counter, home remedies, herbal supplements including tea, vitamins and weight gain or loss products. Sometimes they can be dangerous when you take them with other medications.
- Tell the doctor and nurse about any allergies and type of reaction/side effects
- Know what medications you are taking, why you are taking them, what they look like, what time you take them, and potential side effects. If they look different, ask why.

### **Prevent the spread of infections**

- Ask healthcare team members to clean their hands if you don't see them wash or use hand sanitizer
- Clean your hands frequently
- Cover your cough
- Avoid touching any tubes or bandages

### **Prevent falls**

- Ask how to use the call bell to ask for help
- Call for help before you get out of bed or chair
- Wear non-skid slippers or slipper socks

### **Stay safe after you leave the hospital**

- Ask for written discharge instructions
- Make sure you understand what medications you should continue, start, or stop taking when you get home and how to take them
- Ask what foods to eat and avoid including foods that may interfere with your medications
- Ask if there are any limits to your activities such as lifting, climbing stairs or driving
- Make sure you have follow-up appointments scheduled before you leave
- Talk to your healthcare team about whether you need any special equipment, supplies or support