

Patient Safety: Stay Safe While in the Hospital

You play an important part in staying safe while you are a patient in the hospital. Be an active member of your own care team: wear your wristband at all times; avoid falls by asking for help; have visitors and staff wash their hands; and ask about the medications you take.



Supplement to video GN-57

Make Sure You and Your Health Team Members Check Personal Identification

- ▶ Read your **ID wristband** when you first get it, to make sure your information is correct.
- ▶ Wear your ID wristband during your **entire stay**.
- ▶ Make sure **staff members check** your ID every time they interact with you. If they don't, **ASK** them to.
- ▶ If you cannot clearly see **staff members' ID badges**, **ASK** them to show it to you.

Communicate with Your Team Members

- ▶ **Be honest** about your health history, including prescriptions, over-the-counter medications and supplements. Share other lifestyle details, such as whether or not you smoke, and if you use alcohol or recreational drugs.
- ▶ Keep **paper and a pen by your bed** to write questions you want to ask your team members, and to take notes when told new information.
- ▶ **Have someone with you** when members of your healthcare team talk to you. It helps to have another set of ears to listen, take notes, and help you understand what your healthcare team is explaining.
- ▶ If you have any questions, speak up and **ASK until you understand**.
- ▶ If you need a **language interpreter**, **ASK** for one.

Stay Safe in Your Room

- ▶ Use the **call buttons** in your bed and in the bathroom when you need assistance.
- ▶ Make sure your family and visitors **know how to adjust your bed** safely.
- ▶ **ASK for assistance** before you get out of bed for ANY reason.
- ▶ Wear shoes or **socks with tread**.
- ▶ Make sure the **floor is dry** and clear of obstacles.

- ▶ Use **handrails** in the bathroom for balance.
- ▶ If you are in bed for long periods, ask a nurse to help reposition you to help **prevent pressure ulcers**.
- ▶ **Do not adjust or unplug** any of the machines or monitors.

Stay Safe in the Hallways

- ▶ **Walk with assistance**, if staff requires, especially if you have an IV line.
- ▶ Use the **handrails** or a walker for balance.
- ▶ **Don't walk too far**. You have to return to your room!
- ▶ Wear shoes or **socks with tread**.

Help Prevent the Spread of Germs

- ▶ Tell staff members and guests to **wash their hands** when entering your room.
- ▶ Nurses and doctors should wear **fresh gloves** when tending to your tubes, lines and wounds. If they do not, ASK them to.
- ▶ **Do not allow visitors** who have a cold or feel ill.
- ▶ **Wash your hands** after using the bathroom and before eating.

Help Prevent Medical Mistakes

- ▶ Tell your nurse **if your medication looks different** from the medication you are used to taking.
- ▶ If you are having surgery, make sure the doctor marks and initials the **correct surgical site**.
- ▶ You may have diet restrictions. **Review your meal tray**, to make sure it is correct.
- ▶ **ASK** your nurse the purpose of each new medication.

My Notes:

Provider's Name _____ **Phone Number** _____