

**Partnership for Safety** is a program established at Passavant Area Hospital to build a positive safety partnership with patients and their families through education and communication. Medical errors are reduced when patients, families, and healthcare providers work together. Our role is to help this happen. As a patient, your role is to become an active partner in your healthcare. **Help Us Help You!**

### **Become an active partner in your healthcare**

- Communication is the key to prevention.
- Ask questions about things you don't know or understand. If you don't understand the answers, keep asking until you do.
- Identification is important. Expect those taking care of you to look at both your name and birth date located on your armband to identify you. **Help Us Help You!**

### **Know your medications**

- Keep an up-to-date list of your medicines, including those you buy without a prescription, such as vitamins and herbals. Be sure to include the dosage and how often you take the medicine.
- Include any allergies or reactions you have had to any medicine.
- Ask your doctor to write the reason for the medicine on the prescription.
- Be honest about whether or not you are taking the medicine as directed.
- Be sure to tell the doctor about medicine ordered by another doctor and any herbal medication you are taking.
- If you are taking more than one medicine, ask your doctor or pharmacist about any possible drug interactions.
- Fill all your prescriptions at one pharmacy.
- When in the hospital look at all medicines before you take them. Ask questions about any medicines you do not know about or concerns you have about the timing or amount. **Help Us Help You!**

### **Hand washing**

- Hand washing is the best protection against the spread of infections.
- It is as important for you and your family members to wash their hands as it is for caregivers to wash their hands.
- You will notice your caregivers using soap and water or an alcohol based hand rub for hand washing.
- If you think someone has not washed their hands before caring for you, it's okay to ask them if they have washed their hands. **Help Us Help You!**

### **Give complete information to your doctor and other healthcare team members**

- The best way to remember your health information or questions for the doctor is to write it down.
- Share up-to-date information with your doctor and others caring for you.
- Before any test or procedure, tell the person giving the test or procedure about any drug or food allergies you have.
- If you do not understand what you are told about the plan for your care, ask questions until you do understand. **Help Us Help You!**

### **Know your diet**

- Let your doctor or nurse know if you are on a special diet.
- Ask your doctor, pharmacist or dietitian about any possible food or drug interactions for the medicines you are taking.
- Ask your doctor or the dietitian if there are any foods you should or should not eat because of the medicines you are taking or because of your diagnosis. **Help Us Help You!**

### **Surgery information**

- If you are having surgery be sure you know and understand:
  - The name and reason for the surgery.
  - Where or what part of the body will be operated on (e.g. right leg, left arm). You may be asked to participate in marking the site.
  - Are there any alternatives to surgery?
  - What might happen if I don't have the surgery?
  - What are the risks and benefits of the surgery?
- Be sure to tell the surgeon, anesthesiologist, or nurse if you have any allergies (including latex allergy), symptoms of cold or flu, and if you or your family members have ever had any bad reaction to anesthesia.
- Stopping smoking at least eight weeks before surgery decreases your risk of possible post-operative complications.
- If time permits, a dental check-up is recommended prior to surgery.
- Participate in your care after surgery. Follow your nurse's instructions regarding breathing exercises, activity, pain control, hand washing, and dental hygiene. **Help Us Help You!**

*continued on back*

## Immunizations

- Stay current with your immunizations. Talk with your doctor about which vaccines are appropriate for you. **Help Us Help You!**

## Reducing the risk of falling

- On admission, you will be screened for your risk of falling during your hospital stay. If you are “at increased risk for falling,” an orange armband will be put on your arm. The hospital is an unfamiliar environment and this alone can increase your risk of falling.
- There are things you can do to decrease your risk of falling:
  - Tell your doctor or nurse if you have fallen in the last 12 months.
  - To avoid falls, sit on the side of the bed for 15 seconds before trying to get up. You may feel dizzy when sitting up, especially after surgery, after taking some medicines, or being in bed for longer than usual.
  - Make sure you are wearing non-skid slippers when out of bed. (Slippers are available on request.)
  - **Ask for help if you are instructed to do so or if you feel you need help. Help Us Help You!**

## Preparing for discharge

- Before being discharged make sure you have been given the following information:
  - Follow-up care instructions and appointments
  - Activity instructions
  - Diet instructions
  - Medicines you are to take at home—dosage, when to take, reason for taking, possible food or drug interactions
  - Signs and symptoms you need to report to your doctor.
- Ask questions about anything you do not understand. **Help Us Help You!**

Passavant Hospital has a safety program for employees called **Priority One Patient Safety or P.O.P.S.** P.O.P.S. encourages employees at Passavant to think patient safety first in all aspects of patient care. P.O.P.S. and Partnership for Safety can only work if you **Help Us Help You!**



**Partnership for Safety**

Priority One  
**P.O.P.S.**  
Patient Safety 

*Help Us  
Help You!*

  
**Passavant**  
AREA HOSPITAL  
Jacksonville, Illinois