

Medication Safety

This is what you can do for medication safety.

- ◆ Be ready to tell us:
 - What medicines you are taking at home:
 - Medicines your doctors tell you to take
 - Over-the-counter medicines, vitamins, and herbal supplements
 - Your allergies.
 - What reactions you are having or have had in the past with medicines.
- ◆ Ask us about any medicine we give you:
 - What it does and what are the side effects.
 - You can also ask for written information about your medicine.
- ◆ Do not take any medicine brought from home while you are in the hospital unless the pharmacy and your physician has approved you to do so. This includes vitamins and herbal supplements.
- ◆ Tell us what time of day you normally take your medicines. Let us know if you do not get your medicine at that time.
- ◆ "Speak up" when you have any concerns or questions about your medicines.



Preventing Falls

This is what you can do to prevent falls:

CLEAR PATH:

- ◆ Make sure the area around you is well lighted and free of clutter.
- ◆ Let us know if there is a spill, clutter or equipment in the way so we can remove it.

How will we keep you safe from falling?

We will check with you to decide if you are at risk of falling while in the hospital. If we need to keep you safe, we will explain what we will do to keep you from falling.

IF YOU NEED TO USE THE BATHROOM:

- ◆ Plan ahead and move slowly when getting up.
- ◆ Do not rush at the last minute to get to the bathroom.
- ◆ Call for help if you need assistance or if your bed side-rails are up.

PERSONAL ITEMS AND WALKING DEVICES:

- ◆ Let us know if you need to have items (such as cane, walker, dentures, eye glasses, phone, water, etc.) kept near you. We will put them within your reach.

SLIPPERS:

- ◆ Use rubber-soled slippers and shoes. These help prevent slips and falls.
- ◆ Do not go barefoot.

Keeping You Safe at The Queen's Medical Center



To our patients and families:

Keeping you safe is a very important part of the care we provide you. You can help us make your care safe. This brochure tells you how to be S.A.F.E. while you are in the hospital.

Your healthcare team at
The Queen's Medical Center

ALWAYS REMEMBER TO BE S.A.F.E.

SPEAK UP:

Make sure you and or your family take part in your health care. **SPEAK UP** if something is bothering you. Your safety is our first concern.

ASK, ASK, ASK...

ASK if you have any questions about your care. Talk to any of us on your health care team:

- ◆ Nurses
- ◆ Doctors
- ◆ Pharmacists
- ◆ And others (such as nurse's aide, dietitian, case manager, social worker, chaplain, technician, physical, occupational and respiratory therapists).



FEEL RESPECTED:

Expect us to treat you with **RESPECT**. We will keep your information confidential. We will respect your opinion.

EDUCATE:

EDUCATE yourself! We will help you learn about your treatment plan. By working with us, we can keep you safe.

GENERAL SAFETY

CALL LIGHTS:

- ◆ Your room has a "call light" by your bed and in your bathroom. We will show you how to use it.
- ◆ Use it at any time to call us for help.

GETTING UP:

- ◆ Your doctor will tell you and us if it is safe for you to get out of bed alone. When you get out of bed, sit up first, and then move slowly from the bed. Ask for help at any time.
- ◆ If you are connected to any equipment (such as oxygen, I.V., pumps, drains, tubes), please call us for help.

MEDICINES AND TREATMENTS:

- ◆ Always show your **wristband** to anyone who is providing care to you.

SMOKE FREE:

- ◆ Do not smoke in the hospital or out on the lanai.
- ◆ The Queen's Medical Center is a smoke-free facility. We want to keep you and your visitors safe.

Let us know if you have any concerns about your safety, care, treatment or services. You can tell any member of your care team or if you prefer, you may call Patient Relations at 547-4602.

PREVENTING INFECTIONS

This is what you can do to help prevent problems caused by germs (infection) while you are in the hospital.

- ◆ Wash your hands:
 - After using the bathroom.
 - Before eating.
 - If you think you should.
- ◆ Can't get to the sink? Ask a staff member to help you with hand washing or use of alcohol hand sanitizer.
- ◆ Remind your doctors, nurses and others caring for you to wash their hands before working with you.
- ◆ Tell your nurse if:
 - The dressing over the catheter (IV) in your arm gets loose or wet.
 - The dressing over your wound gets loose or wet.
 - Any drainage tube or catheter gets loose or comes out.
- ◆ Deep breathing exercises can help prevent pneumonia.
- ◆ Walking exercises help promote circulation and wound healing.
- ◆ If your family and friends feel sick, please tell them not to visit.

What is an infection?

It is an abnormal condition in a part of the body caused by the presence of germs.

