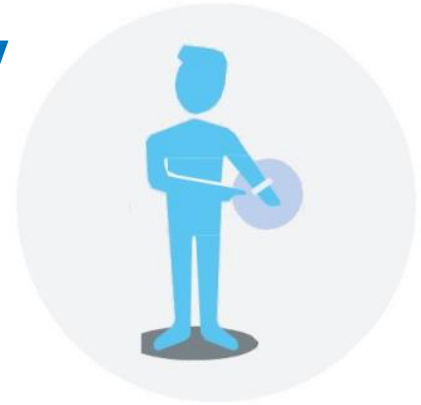


Making your stay with us safer



Simple steps to keep yourself safe during your stay in hospital



Preventing falls

- Wear well-fitted, non-slip footwear or rubber sole slippers
- Take extra care in the bathroom
- Some medicines may make you feel unsteady
- Use a walking aid, if you need one
- If you need assistance, ring your bedside bell



Preventing blood clots

- Wear your white hospital compression stockings if advised and move as often as you can
- Try to do simple leg and ankle exercises
- Drink fluids as recommended
- Take blood-thinning medicines or medications as advised



Preventing infection

- Wash your hands or use the hand wash provided after visiting the toilet, sneezing or coughing and before all meals
- If you're worried a staff member may have forgotten to wash their hands, you or your family can remind them
- Tell us if you have diarrhoea or vomiting





Your medicines

- Tell us if you have an allergy, have had a serious reaction to any medicines or if you do not understand what your medicines are for
- Talk to your doctor or nurse if you have any questions or concerns about your medicines
- Ask about possible side effects
- Keep an up-to-date list of any medicines you're taking



Pressure injuries

- If you can, try to keep moving, even in bed, and call us if you are uncomfortable
- We are very happy to help you change position and can work with you on ways to relieve pressure



Consumer Involvement

- Talk to us during handover
- Tell us if something is wrong
- Ask us questions if you don't understand
- Tell us if someone's condition gets worse
- Get staff to check
- When in doubt, ask / tell / clarify



Please talk to us if you have any questions, worries or concerns.



Identification

- Tell us if any of your personal information is wrong (address, ID band, GP, next of kin)
- Tell us if you have any allergies. If you do, you will be given a red wristband.
- Before certain medicine is given your ID band will be checked



Leaving hospital

Before you leave, make sure:

- you have all the information/support you need to be safe at home
- your medicines have been explained to you, particularly if they've changed
- you know who to contact if you have any questions or concerns
- you know when your next appointment is



Any concerns

- We are here to help you
- Talk to us if you have any worries or concerns about your treatment, or about what will happen when you leave hospital

