

PARTNERSHIP FOR PATIENT SAFETY



You can ensure a safer experience by being involved and informed about your treatment. Improving patient safety requires continuous learning and constant communication between caregivers and patients. Everyone has a role in patient safety, and everyone will benefit from its successes.

Here's what you can do:

Become a more informed healthcare consumer.

- ✓ Seek information about your illnesses or conditions.
- ✓ Research options and possible treatment plans.
- ✓ Choose a doctor, clinic, pharmacy, or hospital that has experience in the type of care you need.
- ✓ Ask questions.
- ✓ Seek more than one opinion.



Keep track of your history.

- ✓ Write down your medical history including your:
 - medical conditions
 - shot record
 - all medications and dietary supplements
 - illnesses
 - allergies
 - hospital visits
 - other problems
- ✓ Write down the names and phone numbers of your doctors, clinics, and pharmacies for quick and easy reference.



Work with your doctor and other healthcare professionals as a team.

- ✓ Share your health history with your care team.
- ✓ Share up-to-date information about your care with everyone who's treating you.
- ✓ Make sure you understand the care and treatment you'll be receiving. Ask questions if you're not clear on your care.
- ✓ Pay attention. If something doesn't seem right, ask your doctor or healthcare professional.
- ✓ Discuss any concerns about your safety with your healthcare team.
- ✓ While you are in the hospital, ask all visitors and healthcare workers who have direct contact with you to wash their hands.



Involve a family member or friend in your care.

- ✓ If you're not able to take part fully in your care, ask a family member or friend to help. They can go with you on doctor visits, help you ask questions, help you understand care instructions and suggest your preferences.



Follow the treatment plan agreed upon by you and your doctor.

- ✓ Be sure you receive all instructions out loud and in writing so you can read and understand. Ask questions about any instructions that are confusing or unclear.
- ✓ Take medications exactly as prescribed.
- ✓ Use home medical equipment and supplies only as instructed.
- ✓ Report anything unusual to your doctor.