



Summary 7. Prepare for Your Stay in Hospital

During your stay in a hospital, you will meet many different healthcare staff (e.g. doctors, nurses). You will need to ask questions and be involved in your care.

Tips for your safety

1. Ask questions *before* admission to hospital.

- Why do I need this treatment?
- What are the risks, benefits and side effects of the treatment?
- What can I do to help myself?

2. Share your healthcare needs with hospital staff.

- Share facts about your health, any special needs and your medications.
- Be involved in all talks about your care. Remember: Nothing about me, without me.
- Speak up right away, if you have questions or think something may be wrong.
- Ask your patient advocate to help you.

3. Understand all care orders from hospital staff.

- Ask staff to explain the care orders if they are not clear.
- Repeat back what you heard, so staff know that you understand.

4. Ask about all medications you are given.

- Complete, carry and show your up-to-date *It's Safe to Ask* medication card.
- Ask if your doctor prescribed the medication.
- Tell someone right away if you notice side effects.

5. Write down the details of your hospital stay.

- Ask your patient advocate or a family member to help you.

6. Help prevent infections.

- Wash your hands often or use a hand sanitizer.
- Ask your visitors and the staff to wash their hands.

7. Prevent falls.

- Be sure your bed is low enough so your feet can touch the floor.
- Wear non-slip footwear.

8. Get instructions *before* you leave the hospital.

- Ask for written orders about your care at home.
- Repeat the care orders to be sure you understand.
- Tell staff in advance if you may need home care services.
- Know whom to call if you have a concern.

Learn...to be SAFE. Go to Manitoba Institute for Patient Safety websites www.safetoask.ca and www.mbips.ca.

