

HEALTHY NOTES: APRIL

Speak up and Take Charge of Your Care: during your stay in the hospital. As a patient or a family member, be involved in your care. Ask questions, voice concerns, and don't be afraid to raise any issues relating to your care or treatment(s). In the information provided below, I will share with you how to stay safe, get information you need, ask the right questions and interact effectively with your doctors nurses and hospital staff.

Reminders:

- Write down any questions you have
- Choose a family member to communicate with your doctors and staff along with yourself
- Keep a list of doctors you see and the medicines they prescribe

Speak Up:

- Ask questions and voice concerns if you don't understand something. It's your body and you have the right to know
- If the person speaks another language and you don't understand them, ask them to repeat themselves or say "I don't understand".
- Don't be afraid to ask any member of your health care team if they have cleaned their hands or watch when they come in the room and leave if they apply cleanser

Find and Advocate:

- Pick a trusted family member or friend to be your advocate. Doesn't need to be a healthcare person, just someone with common sense (goes a long way).

What Medications & Why:

- Know what medications you take and why you have to take them

Don't be Afraid to Ask:

- Ask for the ID of everyone who comes in your room. It's difficult sometimes to tell if the person is a doctor, nurse, or tech
- If you need certain tests or procedures, ask why you need them, when they will happen, and how long it will be before you get the results

