

**St. Michael's**

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# Learn what you can do to keep yourself safe while at the hospital



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## **Protect yourself from harm caused by taking medicines that shouldn't be taken together**

Medicines, herbal medicines and vitamins can be harmful when taken together. Tell your health care team about everything you take. They will know if these are safe to take together.

### **What you can do:**

- Tell your health care team about your medicines (such as pills, creams or eye drops)
- Include over the counter medicine like Tylenol
- Include any herbs or vitamins that you take
- Tell how much and how often
- Keep a list, add to it when something changes and tell your healthcare team
- Read the label every time you are about to use a medication – make sure it's the right one, for the right person, taken in the right way, at the right time



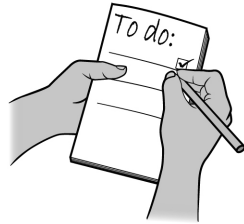
- Make sure the information on your bracelet is correct
- Make sure that staff checks your bracelet before giving you medicine, treatments, tests, or taking you out of your room
- If staff are not certain of your name ask them to check your medical record number on your bracelet
- Make sure your call button works, you know how to use it, and it is within easy reach at all times
- Patients staying over night to have their baby: do not let anyone you do not know take your baby

- Ask for an interpreter if:
  - You are deaf, deafened or hard of hearing;
  - English is not your first language.

Interpreters are free

## Plan for going home

You may not be feeling well when you return home. For that reason it is important to think about how you will take care of yourself at home.



- Understand what you are going to do regarding your medicines, treatments and follow up care
- Tell your care provider if you do not/can not follow the plan at home

## For patients staying at the hospital over night

Protect yourself by helping your healthcare team to easily identify you.

### What you can do:

- Always wear your hospital bracelet

## Protect yourself from falling

### What you can do:

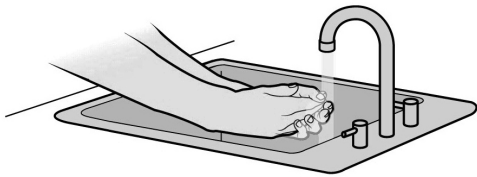
- Tell your health care team if you are scared of falling
- Wear comfortable and supportive shoes with a non slip sole
- If you have trouble seeing or hearing, wear your glasses and hearing aids all the time when you are awake
- Ask staff to help you with your cane, walker, or wheelchair
- Tell your healthcare team if you are dizzy, unsteady, or feeling weak
- Tell hospital staff if you see a spill that needs to be cleaned up
- Be sure to have everything you need within your reach (eye glasses, water, call-bell). Ask for help if they are not in reach



## Protect yourself from getting an infection while you are at the hospital

### What you can do:

- Wash your hands often
- Wash your hands before you eat
- Remind staff that they need to wash their hands before and after caring for you
- Ask family and friends to wash their hands when they visit you



- Ask family and friends not to visit when they are sick
- Tell your nurse or doctor if anything seems unusual like diarrhea, cold symptoms, pain or if there is something leaking from your operation site (if you had an operation)
- Make sure your shots are current and get your annual flu shot
- Eat regularly, drink plenty of water and try to get enough rest to help build your body's immunity

## Protect yourself by understanding your role in your treatment

### What you can do:

- Ask your health care team about your treatment plan
- Ask what your role is in your treatment, what you need to do, and why it is important
- Repeat back what you learn about your treatment to make sure you got it right
- You have the right to be well-informed, well-cared for and safe. You also have the right to ask for a second opinion
- Write down important information to help you remember it
- When you visit your doctor, bring a family member or friend so you can both listen and ask questions
- Know what tests, treatments or medicines are planned for you and what they are for
- Know the names of your healthcare team members

