

Patient Education at UHN - "Improving Health through Education"

UHN believes that you, our valued patients, family members and visitors, should understand as much as you can about your health, an illness or condition, treatment or test. This will help you to work together with your healthcare team, take part in the care you need, and help you to make good decisions about your health.

"Six things you can do to take part in your care"

1. Write down your questions when you see your health care provider.
Ask them to explain in "plain language".
2. Tell your health care provider about your past illnesses and any new or different symptoms you are having.
3. Bring all of your medicines, including vitamins and any over the counter or herbal remedies, when you go to the hospital or when you see your health care provider.
4. Tell a member of your health care team if you ever have had an allergic or bad reaction to any food or medicine.
5. Take a family member or friend along to help you remember what your health care provider says.
6. Make sure you know what to do when you go home from the hospital or from your doctor's office.

Need help? Visit any Patient & Family Library, go to:
www.uhnpatienteducation.ca , or talk to a member of your healthcare team.

To help you learn more, each hospital at UHN has a Patient & Family Library. Feel free to drop by any of our three libraries at any time. Our trained and friendly staff will help you find the information that best meets your needs.

Patient & Family Libraries at UHN



PMH

Location: Main Floor Atrium
Telephone: 416 -946-4501 ext. 5383
Email: patienteducationpmh@uhn.on.ca
Open: Mon-Thurs 9:00 a.m.-5:00 p.m.
Friday from 9:00 a.m.-3:00 p.m.

TGH

Eaton Lobby, Room 216
Telephone: 416 -340-4800 ext.5951
Email: tgpen@uhn.on.ca
Open: Monday to Friday 9:00 a.m. – 4:00 p.m.

TWH

West Wing, 1st floor, Room 421
Telephone: 416-603-5800 ext. 6277
Email: twpfl@uhn.on.ca
Open: Monday to Friday 8:30 a.m. – 4:30 p.m.