

Help Parkland Keep You Safe



IH-IV-148
R.D. 1/07
Page 1 of 2

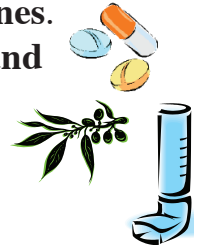
Your health care providers want you to stay safe by knowing about your care and by understanding what is happening to you.



About your medicines:

At each visit, your health care providers will **ask about all your medicines**. You may get tired of doing this, but it is **a check to be sure there are no mistakes with your medicines**.

Make sure you tell your doctors, nurses, and pharmacist about **all** the prescription **and** over-the-counter (non-prescription) medicines, sample medicines, vaccines, herbs, vitamins, nutraceuticals, dietary supplements and health or energy drinks you are taking, as well as any medicines you breathe in (such as an inhaler or diskus).



- **Bring all your medicines with you to all your visits.**
- Tell your doctors, nurses and pharmacist about any allergies or bad reactions you have had to any medicines or foods.
- Make sure you know about all your medicines. If you have any questions ask your doctor, nurse or pharmacist before you go home. This is what you should know about **each** medicine:
 - What it is called (brand name and generic name).
 - What it is for and what it looks like.
 - When to take it and how much to take.
 - How to take it and how long to take it.
 - The side effects you might have, and what you should do about them.
 - Foods or drinks you should not have while taking the medicine.
 - Things you should not do while taking the medicine.
 - If the medicine is safe to take along with all the other medicines, herbs, vitamins or dietary supplements you are taking.



- If you are home and have any questions about your medicines, call the number on your medicine bottle, or the pharmacy where you get your medicines filled.
- If you are getting an IV drip, know how long it should take to run in. Let your nurse know if it is not dripping, or if it is dripping faster than before, or if your arm begins to swell around the IV needle.



About the risk of infection:

- Handwashing is the best way to keep infections from spreading. Be sure your health care providers wash their hands before and after they take care of you. You can remind them to do this, if you need to.



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- If you have a wound that looks like it is not getting better, or is getting worse, be sure to tell your health care provider.

About making sure health care providers are treating the right part of the right person:

- Your health care providers should always ask your name and check your ID bracelet before taking care of you, giving you medicine, or drawing your blood. In some clinics you may not have an ID bracelet, so your health care provider should ask your name and date of birth.
- If you are having surgery, make sure you or the doctor marks the place on your body (the site) where the surgery is to be done.



About the risk of falling:

- If you use a walker or need help walking at home, please tell your health care provider.
- If you have just had surgery, or are feeling weak or faint, or there is any chance of you falling, call any health care provider to help you get up and walk.
- If you are in the hospital, talk to your nurse about having a family member or friend stay with you to help keep you from falling.



About thinking of suicide:

- If you have any thoughts about hurting yourself, or that you would be better off dead, tell your health care provider or call (214) 828-1000 right away.



About your health care:

- Read any medical forms you are asked to sign. If you don't understand something, ask your health care provider to explain it. Don't sign until you **understand, and agree**.
- When your health care providers come in to take care of you they should always tell you who they are. They should also tell you what kind of health care provider they are, such as a doctor, a nurse, a therapist, etc. All Parkland employees must wear a badge. You can see the employee's name and job title on the badge
- Before you leave the hospital, make sure you and your care giver know how to take care of you at home. This means knowing about:



- ✓ Medicines.
- ✓ Treatments (Some examples are: changing your dressing, tube feeding, using oxygen, caring for your stoma).
- ✓ Problems for which you should call your health care provider, and problems for which you should call an ambulance to take you to the Emergency Room.
- ✓ How to properly work any equipment you will be using at home.

- If you think you may feel too sick to watch out for your own safety, ask your nurse if a trusted family member or friend may stay to help you out and ask questions for you.
- If, at any time, you feel something is not going right with you or the way you are being taken care of, let your nurse know, or call the Parkland Complaint Line at (214) 590-6199, or the Safety Hotline at (214) 590-4000. We want to know about any questions or problems you may have.

