

Planning for Home

- Make sure you understand your discharge instructions.
- Ask your doctor or nurse to explain the treatment plan you should follow at home.
- Ensure walker and other safety equipment is ordered for your use at home
- Ask that information about activity, medications, diet, follow-up tests and appointments be written down for you.

Other Fraser Health Patient Safety Pamphlets

- Hip Protectors: Always on Your Side
- Your Guide for Preventing Falls and Related Injuries
- Infection Control: It's in Your Hands
- How to Prevent a Thrombo-Embolism

My Questions:

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Staying Safe While in Hospital

As a patient ... How can I be involved?



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Here is what you can do to stay safe while you are in hospital!

1. Prevent Infection

- Before eating and after using the bathroom, wash your hands using plain soap and water, or ask your caregiver to wash your hands.
- It's okay to ask your caregivers if they have cleaned their hands before caring for you.

2. Medication Safety

- Give your caregivers your complete health history including all the medications and herbal remedies you are taking.
- Bring a list of your current medications with you.
- Check to see if all the information on your identification wrist band is correct. If it is not correct, tell your nurse.
- It's okay to ask if the medications or dosages you receive in hospital are different from what you take at home.
- Ask for information about any new medications.

3. Prevent Injuries Related to Falls

- Report any changes in your condition to your nurse or doctor right away, even if it doesn't seem like much.
- Use your call bell to get assistance with walking as needed.
- Wear proper clothing, eye glasses, and hearing aids.
- Wear proper footwear or non-skid socks.
- Wear hip protectors if recommended.
- Use walkers and other mobility aids if recommended.

4. Prevent Blood Clots / VTE

Some patients are at a higher risk for a blood clot, also called Venous Thromboembolism or VTE:

- Move your legs in bed as much as you are able
- Walk if it is safe for you to do so
- Ask for an information sheet on VTE

Question anything that does not make sense to you or seems unusual about your care.