

Preventive tips to keep you healthy... from New London Hospital.

Be Your Own Patient Safety Advocate

Healthcare organizations across the U.S. use the Annual National Patient Safety Goals guidelines to improve the safety and quality of care. You can also play a role in making your care safe by being an active member of your health care team. This involvement also applies to your loved ones, especially those unable to advocate for themselves.



Here's how you can support patient safety:

- Ask questions of your nurse, doctor or pharmacist if you don't understand directions, and write down their answers. If the question doesn't occur to you until you've returned home, don't hesitate to call for clarification.
- It's a good idea to bring a family member along as a second set of "ears." It's sometimes difficult to remember what's said to you when you're feeling ill or stressed about your health.

When you're hospitalized:

- Don't be afraid to speak up if something just doesn't "feel right" regarding your care. For example, if you're being given two pills instead of the single pill you had the previous time, ask about the purpose of the second pill.
- Ask to speak to the nursing supervisor or the patient advocate/representative if you reported a safety concern and don't think you received an adequate response.
- Be sure your nurses and doctors know your complete list of medications. This information should be passed on from one point of care to the next (such as when moving from the hospital to a rehab facility).

It's important to be actively involved in your care. Only you know how much information you need to make comfortable decisions about your health. And, only you can report exactly how your care and your healthcare environment are making you feel.

For more tips to help you stay well, sign up for our e-newsletter, *Discover Health* by sending your email to discover.health@newlondonhospital.org



Source: Joint Commission on Accreditation of Healthcare Organizations

Note: This is for information purposes only and not intended for use in place of the advice of a healthcare provider.

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