

Did you know?

You and your family are also a part of our health care team and play a very important role in ensuring that all of our services are provided in the safest manner possible.



One of the easiest and most important things you can do is to talk to your health care team about what safety risks affect you and what you can do to avoid them.

Feel free to ask questions and let us know your ideas.

We are always open to your suggestions.

After all, you are the expert on you!



For more information on Patient Safety please contact:

Groves Memorial Community Hospital
Manager of Quality and Risk
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YOUR SAFETY



**Groves Memorial
Community Hospital**



A Guide for Patients and Families



Your Safety

By taking part and being involved in your care you are creating a safer environment for everyone.



We need your help as part of our team.

Learn about your conditions, know what medications you are on, and ask questions whenever you feel unsure or have concerns.

Our vision at Groves Memorial Community Hospital is to be a leader in the provision of excellent, compassionate, rural health care.

**Values...Caring,
Accountability, Respect,
Excellence...With
Integrity.**

3 Major Risks

Three of the most common risks to your safety are **falls**, **infections**, and **medications**. You can learn how to avoid these risks by talking to your health care team and by following these suggestions:

Falls

- ❖ **Ask for help if you need it.**
- ❖ Take your time when rising from a sitting or lying position.
- ❖ Make certain the path to the bathroom is well-lighted and nothing is in your way.
- ❖ Some medications may make you dizzy or sleepy – know how they affect you.
- ❖ Wear footwear with non-skid soles that fit properly.
- ❖ Make sure you can reach the call bell if you are in your bed, a chair, or the bathroom.
- ❖ Keep your walker, your cane within your reach in case you need it.

Infections

- ❖ **Frequent hand-washing is the best way to prevent infections.**
- ❖ Wash your hands thoroughly before **entering** and **leaving** your room. Ask your family and visitors to do the same.
- ❖ Remind your health care providers to wash their hands before providing your care.
- ❖ Cough or sneeze into a tissue or into your sleeve. Throw the tissue in the garbage and immediately wash your hands.
- ❖ Finish your full prescription for any antibiotics, even if you are feeling better.

Medications

- ❖ Make a list of all the medications that you take. This includes prescription and non-prescription medications, vitamins, and herbal or food supplements. Your list should include the names of the medications, doses (how much you take), directions (when and how often you take it), and the reason you take each medication. Keep this list with you and show it to your health care provider (doctor, pharmacist, and nurse).
- ❖ Tell your health care provider about any allergies or bad reactions to medications in the past. Also include this information on your medication list.
- ❖ Learn about each new medication that you will be taking. Find out what it is, what it does, how you take it and for how long. Add these medications to your list right away.
- ❖ Make certain your health care provider identifies you correctly before giving you any medication. Make sure this happens each time.
- ❖ Always ask questions if the medication looks different.
- ❖ Check to see if you should keep taking your medications from home while in hospital. Never start, stop, or change the dose of any medication (including non-prescription and herbal medicines) without talking to your doctor or pharmacist first.
- ❖ Tell your health care provider if you have any questions or concerns about any medication you are taking.