

## **You and Your Caregivers..... Working together to keep you safe!**

**Everyone has a role** in making health care safe: physicians, nurses, pharmacists, technicians... **even you!**

***Patient Safety** is a top priority for Tehachapi Hospital. As the patient, you also play an important part in safe care by taking an active role. Many complex medical procedures are performed daily in our facility. You can help your caregivers provide the kind of quality care you expect from the staff at TVHD by:*

- **Educating yourself** about your diagnosis, the medical tests you are having and your treatment plans
  - Ask questions, be involved
  - Request written information
  - Make sure you understand how equipment works before you leave the hospital
  - Share information about your needs and medical conditions to your nurse or doctor
  - Have family or friends help you remember what is explained, write things down.
- **Knowing** what medications you are taking and why
  - Carry a list of all medications, and amounts you take with you, including vitamins, herbal supplements and over the counter drugs. Keep the list updated.
  - Tell your caregivers about any allergies, side effects or problems you have had with medications in the past.
  - Ask why a medication is being given to you and question if the medication looks different or unusual.
- **Paying attention** to the care you are receiving
  - Expect health care workers to introduce themselves and be wearing their name badges. If you don't see a name badge, ask them where it is and who they are.
  - You will be asked to state your name and birth date and have your wristband ID checked often. If your caregiver does not ask you your name or check your wristband, ask them to do so before they provide any medication or treatment.
  - If you are having surgery, you will be asked to identify and mark the site of the surgery, if appropriate.
  - Illness can spread in hospitals when health care workers do not wash their hands or wear gloves. It's OK to ask anyone who touches you whether they have washed their hands, even doctors.
  - Tell your nurse or doctor if you have questions about your care or if something doesn't seem quite right.

***Question what is happening and why!!***

**If you have a safety concern, please talk with your doctor or nurse or call our Quality Nurse if your issue is not resolved, ext 556.**

*With all of us working together, you can have a safe stay at our hospital.*