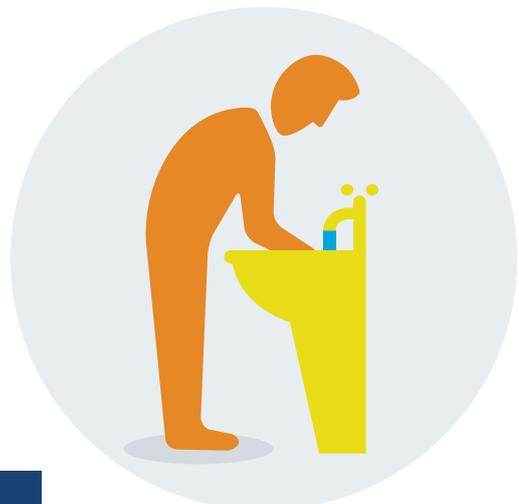


Making your stay with us safer



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HEALTH QUALITY & SAFETY
COMMISSION NEW ZEALAND
Kupu Taurangi Hauora o Aotearoa



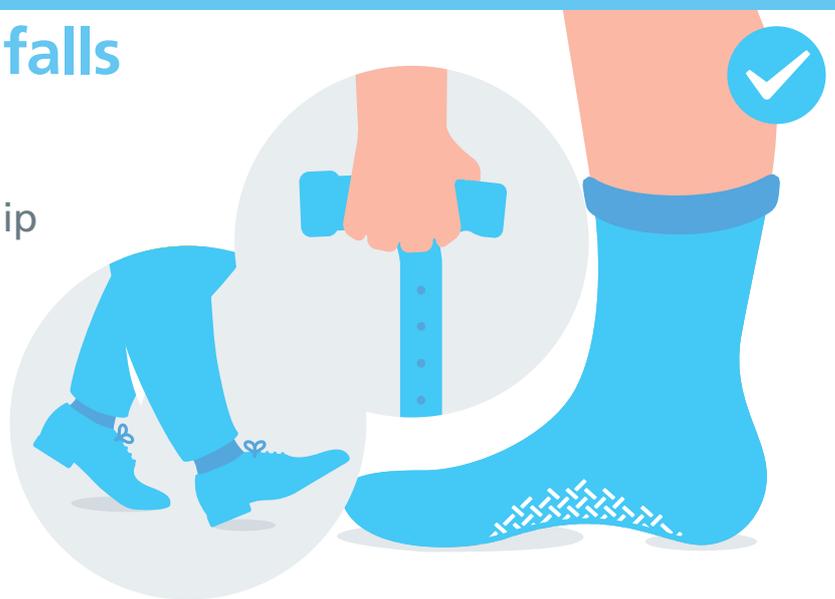
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8 simple steps to keep yourself safe during your stay in hospital



Preventing falls

- Wear well-fitted, non-slip footwear (including non-slip socks, if appropriate).
- Take extra care in the bathroom.
- Some medicines may make you feel unsteady.
- Use a walking aid, if you need one.
- If you need assistance, tell us.



Preventing blood clots

- Wear your hospital stockings if advised and move as often as you can.
- Try to do simple leg and ankle exercises.
- Drink fluids as recommended.
- Take blood-thinning medicine medication as advised.

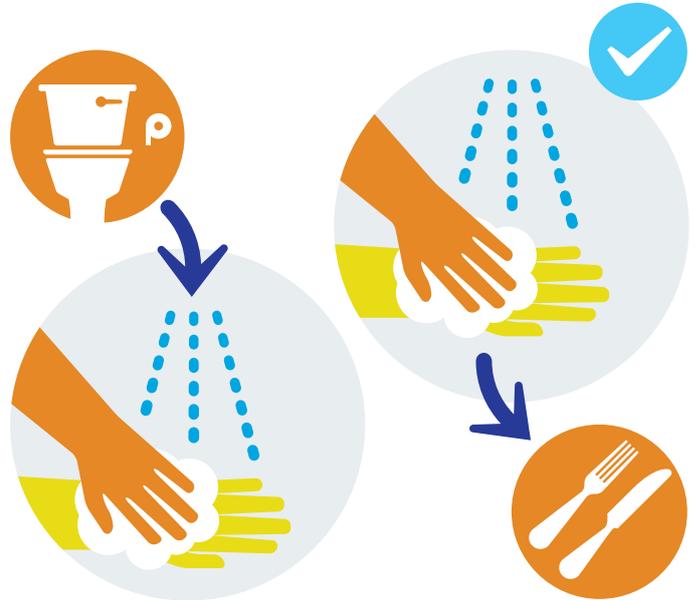


Please talk to us if you have any questions, worries or concerns.



Preventing infection

- Wash your hands or use the hand gel provided after visiting the toilet, if sneezing or coughing, and before all meals.
- If you're worried a staff member may have forgotten to wash their hands, you or your family/whānau can remind them.
- Tell us if you have diarrhoea or vomiting.



Your medicines

- Tell us if you have an allergy, have had a serious reaction to any medicines or if you do not understand what your medicines are for.
- Talk to your doctor, nurse or pharmacist if you have any questions or concerns about your medicines.
- Ask about possible side effects.
- Keep an up-to-date list of any medicines you're taking.



Pressure injuries

- If you can, try to keep mobile, even in bed, and call us if you are uncomfortable.
- We are very happy to help you change position, and can work with you on ways to relieve pressure.

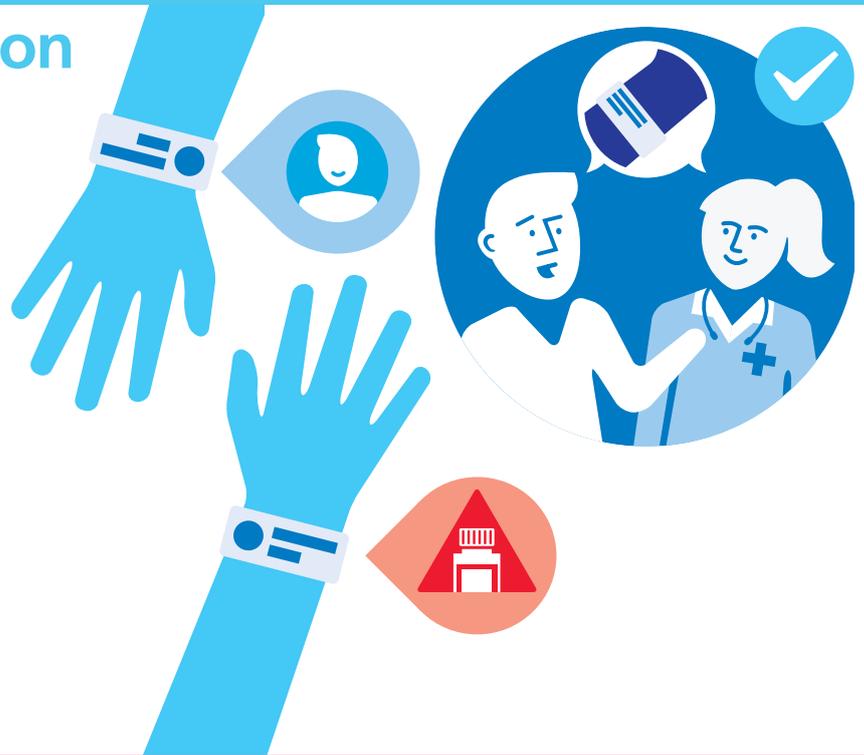


Please talk to us if you have any questions, worries or concerns.



Identification

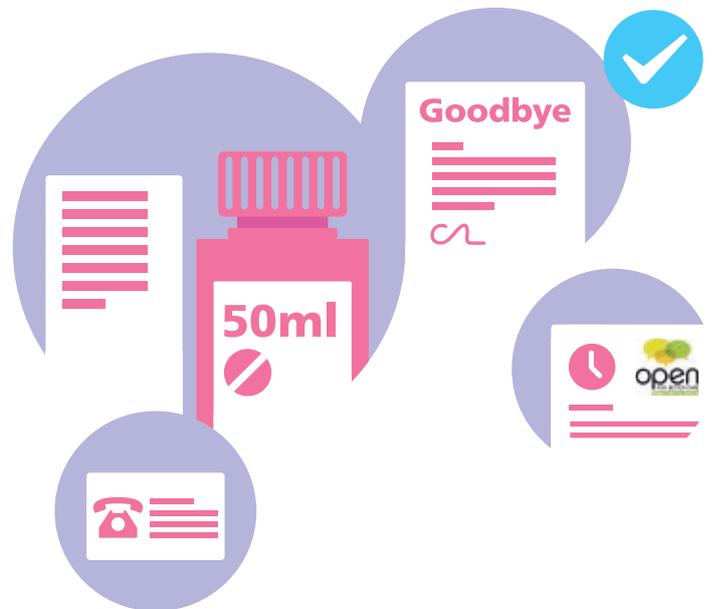
- Tell us if any of your personal information is wrong (ID band, address, GP, next of kin).
- Tell us if you have any allergies. If you do, some hospitals may give you a coloured wristband.
- Before any medicine is given your ID band will be checked.



Leaving hospital

Before you leave, make sure:

- you have all the information you need to be safe at home
- your medicines have been explained to you, particularly if they've changed
- you know who to contact if you have any questions or concerns
- you know when your next appointment is.



Any concerns

- We are here to help you – talk to us if you have any worries or concerns about your treatment, or about what will happen when you leave hospital.

