

HELP US TO KEEP YOU SAFE IN HOSPITAL



PREVENTING INFECTION - WHAT CAN YOU DO?

- Wash your hands before meals and after using the toilet/bed pan.
- Remind staff to use hand gel or wash hands before touching you.
- Dressings or wounds must not be touched.
- Tell staff if you have diarrhoea or vomiting.



EATING AND DRINKING - WHAT CAN YOU DO?

- Drink water regularly (if allowed).
- Inform the nurses if you have not had a pee or it is painful when peeing.
- Eat regular meals (if allowed).
- If you haven't eaten the meal provided, please let staff know why.
- Ask your visitors to bring in small nutritious snacks.
- If you are able, help the staff to keep a record of what you eat and drink.



KEEPING SKIN HEALTHY - WHAT CAN YOU DO?

- Keep your skin clean, dry and moisturised.
- Drink plenty of water and eat well.
- Change your position regularly.
- Take a short walk every 1-2 hours (if your condition allows).
- Tell staff if your skin becomes red or sore.



MEDICATIONS

- Bring in all of your medications and give them to the nursing staff.
 - Do not take anything in addition to what is prescribed on your hospital medicine chart.
 - Be prepared to identify yourself before anybody gives you medication.
 - Ask about changes to your medication before you go home.
- Let staff know if you are worried about managing your medication at home.



PREVENTING FALLS – WHAT CAN YOU DO?

Bring these things to hospital:

- Walking aids, glasses, hearing aids.
- Comfortable clothing that is not too long, too loose or too tight.
- Comfortable well fitting, flat non-slip shoes or slippers.

During the hospital stay:

- Become familiar with the ward including where the toilet is.
- Get to know the bed controls and how to use the call bell.
- Ask for help if you are unsteady.
- Use walking aids and slippers/shoes.
- Wear glasses if you need them.
- If allowed, move around to keep up your strength.



DAILY CHECKLIST FOR PATIENTS AND CARERS

Hospitals are unfamiliar places and this can be a challenge when you are unwell or injured. This checklist is designed to give you the information you need to help us keep you safe and help you get better while in hospital.

1. Have I been seen by or has my plan of care been discussed with a hospital doctor today?

2. Have there been any changes to my care made today and why?

3. If I have a tube in, why is it in and when can it be removed?

4. What date am I expected to go home?

5. What tests am I waiting for, if any, and when will they be carried out?

6. Which of these do I have to achieve before I can go home?

**Hospital staff to add or delete as required*

- | | | |
|---|--|--|
| <input type="checkbox"/> Walk unaided | <input type="checkbox"/> Walk with a frame | <input type="checkbox"/> Walk with a stick |
| <input type="checkbox"/> Transfer from bed to chair | <input type="checkbox"/> Eating and drinking | <input type="checkbox"/> Care for my stoma |
| <input type="checkbox"/> Independently go to the toilet | <input type="checkbox"/> Support in place for going home | |

7. What would you like to ask the team?