

## Keep It Clean

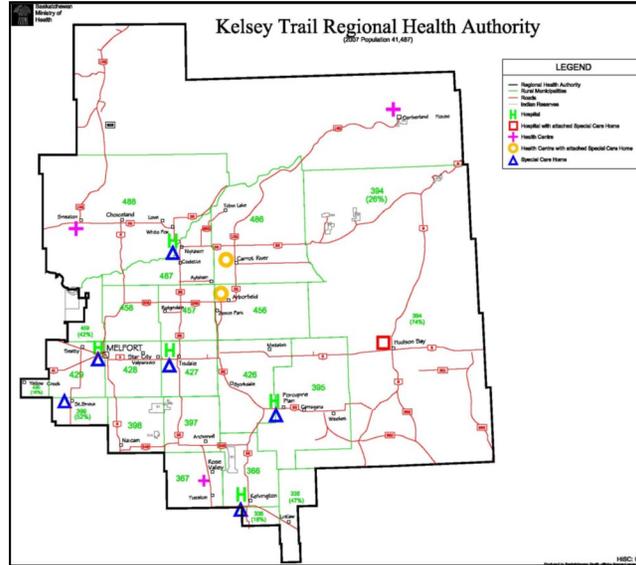
We are all aware of the importance of hand washing in preventing the spread of infection.

Physicians, staff and volunteers play a vital role in limiting the spread of germs through proper and regular hand washing and the frequent use of cleansing gels. KTHR is doing its part to make sure that the people that are caring for you are cleaning their hands before and after they are delivering care.

We encourage you to do your part in minimizing the risk of exposure to infection. Wash your hands or use cleansing gels whenever you are in a KTHR facility as a patient, client or visitor and encourage your family and friends to do the same.



**Working together, we can all play an important role in practicing and promoting**



## Patient Safety is a brochure of the KELSEY TRAIL HEALTH REGION

*For more information about this or other services of the Kelsey Trail Health Region contact the Regional Office at 306-873-6600 or visit our website [www.kelseytrailhealth.ca](http://www.kelseytrailhealth.ca)*

Provincial Health Line—24 hour health advice



**KTHR Quality of Care Coordinator  
1-877-573-6601**



# Patient Safety

## Your Role In Your Healthcare



**PATIENT SAFETY BEGINS WITH YOU!**

*Healthy people in healthy communities*

Kelsey Trail Health Region is committed to providing safe, effective, quality care to all patients and clients. Patient safety is a priority among all physicians, staff, residents and volunteers.

We want you to be confident that you are receiving safe care at all times. We also want to ensure that you are an active partner in your own health care.

The more you know, the better equipped you will be to work cooperatively toward achieving safe and successful outcomes in your personal healthcare.

## It's all about you!

You are the best resource and advocate when it comes to your health. Increasing your involvement in your health care means increasing your knowledge—knowing what information to provide and what questions to ask whenever you visit your family physician or any other member of your health care team.

Get involved with your own health care—the more you know, the safer you'll be.



**You are your own  
first line of  
defense when it  
comes to  
your healthcare.**

## GET INVOLVED-BE SAFE

### Give Information

In addition to your family physician, you need to inform all members of your healthcare team about your medical history—past and present. What you may not consider important may have significant relevance to the issue or condition you are seeking information or treatment for. Maintain and provide a written history if it helps you remember.

Provide information on:

- ◆ Medical conditions—past and present, including health-related conditions and issues, allergies and reactions, previous surgical procedures and operations
- ◆ Medications—what kind you are taking, how much and how often. Include information on prescription and over-the-counter medications, vitamins, herbal or health food supplements
- ◆ Other health information—if you are or were a smoker, drinker or recreational drug user, it's important to share this information with your health care team.

Remember, all of the information you provide is important to ensuring a safe and effective course of treatment. It is also private and confidential.

### Get Information

There are never any “dumb” questions when it comes to your health. The greater your knowledge and understanding, the more empowered you will be to effectively manage your own healthcare.

- ◆ If you don't understand some aspect of your condition, treatment, test or procedure, ask to have it explained again. When in doubt—ask!
- ◆ If the medication you have been prescribed isn't familiar to you or you don't understand its purpose, ask for more information. Find out what it is and what it will do for your condition, its potential side effects and drug interactions before you take it.
- ◆ Read any forms you are being asked to sign. If you don't understand something, ask a member of your health care team to explain it to you before you sign.

### Bring A Friend

Sometimes we can be overwhelmed with information, especially when it concerns our own health. A friend or family member can function as a partner in your care—documenting the information you are receiving, asking questions you may not have thought to ask, and simply lending their support.

### Know What To Do

Knowledge is power—the more you know about your health, the more effective your role in it. Most of the time, it will be your job to care for yourself—it's important to have all of the information you need in order to do your job properly and effectively.

If you have recently been discharged, make sure you receive written instructions for your care. This should include information on what medications you should take, how much and how often; when to start getting back into your regular routine, signs to alert you to potential problems with your recovery; and information on follow-up visits.