Please help us to keep you Safe

Simple steps to keep yourself safe during your stay in Hospital

York Teaching Hospitals NHS Foundation Trust
Patient Safety Team
1. Preventing Falls

- Keep everything you need within easy reach, especially the nurse call bell and your hearing aids or glasses if you need them.
- Wear good fitting shoes or slippers when walking. If you do not have these with you, ask the staff to supply you with some alternative footwear until you can obtain your own from home.
- If you have been advised to ask for help before walking or need help going to the toilet, please use the nurse call bell. We would always prefer to help you move around safely than to risk you having a fall.

2. Preventing blood clots

- Ensure that you take any blood thinning tablets which the doctor prescribes for you.
- Be prepared to receive injections which will help to prevent blood clots.
- Wear your hospital stockings if the staff ask you to
- Try to do simple leg and ankle exercises or if you are allowed, get out of bed during the day and take short walks.
3. Preventing Infection

- Tell us if you have diarrhoea or vomiting.
- Wash your hands before and after visiting the toilet, and before all meals.
- Ask staff if they have cleaned their hands prior to giving you care.
- Use the sanitising hand wipes following meals.

4. Your Medicines

- Tell us if you have an allergy.
- Ensure that you understand what your medicines are for and how long you should take them.
- Talk to your doctor, nurse or pharmacist about any concerns you may have.
- Bring in any medication that you usually take at home, including those you have bought yourself. Ensure upon arrival that you hand these medicines to a member of staff so that they may be stored securely.
5. Pressure Ulcers

- 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 provide a special mattress or cushion for support.
- If you are sore in any particular area then let us know immediately.

6. Identification

- All patients in hospital are expected to wear a wrist band for identification. Tell us if any of the information on your wrist band is wrong.

Your wrist band should contain the following:
- Your name
- Your date of birth
- Your hospital number
- Your Ward
7. Involvement, consent and decision making

Please ensure that;

• You understand the risks and benefits of treatment options.

• You are involved as much as you want to be in decisions about your care and treatment.

• You understand what is planned before giving consent to treatment.

8. Nutrition

• It is important that you receive fluids and nourishment while in hospital, so please tell us if you are having difficulties eating and drinking.
9. Leaving Hospital

Before you leave, make sure that you;

• Have your discharge letter.

• Have your medicines and they have been explained to you.

• Know who to contact if you have any questions or concerns.

• Know when your next appointment is.

• Ask us to involve your family in discussion about your on-going rehabilitation and care if you feel it necessary.