

Be an Empowered Patient during your Hospitalization

Communicate with your medical team

Ask questions before and during admission

- What is the name of the treating physician?
- What is the treatment plan?
- Why do I need this treatment?
- What are the risks, benefits, and side effects of the treatment?
- What can I do to help myself?
- What are the patient's rights and responsibilities?

Share everything related to your health with your medical team

- Share facts about your health and other conditions
- Share all the medications you are on
- Tell them about your needs
- Ask a family member or friend to support you when talking to the medical team

Ask about all the medication given to you

- Keep a list of all your medication
- Ask about your prescribed medication
- Inform someone right away if you noticed any side effects

Before you leave the hospital

- Ask for medical information to be written for you
- Repeat what was said to you to make sure you understand
- Tell the hospital staff in advance if you may need help at home
- Ask what to do in case of emergency
- Make sure you have your discharge plan and it has been explained to you
- Know whom to contact if you have any questions or concerns
- Know when your next appointment is
- Make sure you got your medication and they have been explained to you

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Take care of your health during your hospital stay

To prevent blood clots

- Wear hospital stockings
- Stay as mobile as you can
- Do simple leg and ankle exercises
- Drink fluids as recommended
- Take blood thinning tablets and injections as advised

To prevent infection

- Wash your hands
- Do not hesitate to ask the medical team to wash their hands before any contact with you
- Inform the medical team if you have diarrhea and vomiting
- If you have tubes and needles attached to you, ask why they are there

Identification

- Make sure that your personal information is correct

Medication

- Ask what your medication are for
- Tell your healthcare provider of any concerns you may have and of any possible side effects

Preventing pressure ulcers

- Stay as mobile as you can
- Change your position or that of the patient you care for every 2-3 hours
- Ask the medical team if they can provide special mattress or cushion for support