



Patient & Family Guide

2023

Staying Safe During Your Hospital Stay

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www.nshealth.ca

Staying Safe During Your Hospital Stay

Your safety is important to us.

If you have questions, please ask a member of your health care team.

Before your hospital stay

- Before going to the hospital, give your health care team as much information as you can about your health. This will help us give you the best possible care.
- Bring a list of all your medications (including prescription and over-the-counter medications, and herbal products). Include how much you take and when you take them.
- Tell all your health care providers if you have allergies or reactions to medications or food.
- If you are coming for an appointment and you need help standing, walking, or moving, bring a support person with you. If this is not possible, tell a staff member as soon as you arrive.

During your stay

- Make sure that a health care team member checks your full legal name and birthdate before they take your blood, or give you tests, treatments, or medications. **Do not** be afraid to ask them to do this.

- Ask a member of your health care team if you do not understand what treatment, procedure, or surgery you are having. This is important so you know what to watch for and what to do to help with your recovery.
- Ask your health care team about your medications if they are new or different. Ask what the medications are and why you are getting them. We want you to understand your medications and how they can help you.
- Tell a member of your health care team if you think you are about to get the wrong treatment or medication.
- Help prevent infections by washing your hands often. Remind your support persons, visitors, and members of your health care team to do this too.
- Help us plan for your discharge home:
 - › Do you have all the information you need?
 - › Do you understand the instructions your health care team gave you , including how to take your medications (if you were given new ones)?
 - › Do you understand who is responsible for making any follow-up appointments and when?

If you have questions or concerns about your care, talk to a member of your health care team or the unit supervisor right away.

After your stay

- Tell your primary health care provider (family doctor or nurse practitioner) that you were in the hospital. If you do not have a primary health care provider, you can add your name to the waitlist.
 - › Visit:
<https://needafamilypractice.nshealth.ca/>
 - › Phone: 811
(around the clock, 7 days a week)
- Write down the phone numbers for your primary health care provider, other providers, and pharmacy. Keep them by your phone in case you or your support person needs them.

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find this pamphlet and all our patient resources here:
<https://library.nshealth.ca/Patients-Guides>

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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