

Be Safe!

Partner with your health care professionals to become an active, involved, and informed member of your health care team.

You can help by being **S A F E**

S — Speak up if things don't seem right or if you have concerns. You are the expert on you.

A — Ask questions. Make sure your health provider explains your care in a way you understand. If you don't understand, say "This is new to me. Please explain again."

You might ask...

- Why do I need this test?
- How will this treatment or drug help me?
- What are the risks of this treatment or test?
- What does this treatment involve? Will I be comfortable?
- What do I need to do to prepare for the test?
- When should I come back to see you?

F — Family or friends, with your permission, can come with you for support or to ask questions on your behalf when you are not feeling well.

E — Educate yourself. Find out about your condition, what your treatment options are, and what you can do to improve your health.

Be Involved

It's Your Health Care

For more information about Sun Country Health Region Patient Safety and Patient Concerns:

Quality of Care Coordinator
306-842-8675
Toll-Free: 1-800-696-1622
E-mail: concerns@schr.sk.ca

Sun Country Health Region
808 Souris Valley Road
Box 2003
Weyburn, S4H 2Z9

For more information about our programs, visit our website at:
www.suncountry.sk.ca

Inquiries about your health issues, call:

HealthLine
811

Use Your Patient and Family Advisory Council
"Together, we're better"



For more information about the Patient and Family Advisory Council contact our Patient and Family Centered Care Lead:
306-842-8226

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It's Safe to Ask



Take part in your Health Care



Communicate

You are a valued member of your health care team.

- The questions you ask, concerns you may have and information you provide about yourself is vital in ensuring that the best and safest care is provided to you.
- Your health care team wants to help you. When you give them all your medical information, you are helping them do their job.

If your concerns are not addressed, continue to ask questions until you are satisfied.

Before and After Any Procedure

(This could include tests, surgeries, etc)

Make sure you fully understand any procedure before it begins:

- How long it will take?
- How should you feel after?
- Who will be taking care of you?
- Are there any risks?
- What do you need to do after the Procedure?

Before you take any Medication

- **Look at all the medications you receive.** If the medications you are given do not look familiar, ask your Doctor, Nurse or Pharmacist.
- **Make sure the medication is for you.** Do not let anyone give you medication unless they check your identity.
- **Make sure the Doctors and Nurses review all of the medications you are taking.** Medications include prescription and over-the-counter medicines (i.e. aspirin) and dietary supplements (i.e. vitamins, herbs and naturopathic).

When you are Discharged

Do:

- Ask your Doctor or Nurse to explain your home treatment plan.
- Make sure you are given complete instructions for the medications and treatment plan you are to take home.



General Medication Tips

Make Sure the Doctors, Nurses and Pharmacists know about any allergies or side effects you have had to medications.

- For each medication, know the name, dose, and possible side effects that could affect your daily activities.
- Know when you should take it, how to take it (i.e. with food) and why you are taking it.
- Ask for information about your medications in words that you can understand.
- Always carry a record of your current medications including their names and doses.

Health Care Team

- Your Health Care team can include Doctors, Nurses, Pharmacists, Physiotherapists, Social Workers, Dietitians, Diagnostics, other Specialists and, most importantly, **YOU, your family member or legal designate!**