

Prevention of Venous Thromboembolism (VTE)

- VTE is a condition in which a blood clot develops in the deep veins of the body.
- Reduction in movement when patients are admitted to hospital can result in the development of blood clots in the extremities.
- When you are admitted to the hospital the doctor will assess and order medication (if appropriate) to prevent blood clots.
- Your healthcare team will also encourage you to take other measures to help prevent blood clots.
- If at any time you notice swelling, redness or pain in an extremity, tell your nurse or physician.

Falls

- Ask your nurse for our “**Guide to Preventing Falls**” booklet.
- Ask for help when getting out of bed, especially at night. The hospital is an unfamiliar place; most falls occur when patients try to get out of bed on their own to go to the bathroom.
- Make sure the nurse-call button works, that you know how to use it, and that it is within reach. If you have trouble reaching it, let your nurse know.
- Make sure you ask for help before your need to get to the bathroom becomes urgent.
- Make sure there is adequate light to see, and keep your eyeglasses within reach.
- Wear slippers/shoes with rubber soles to prevent slipping.
- Point out to staff any spills or obstructions on the floor.
- Make sure the brakes are locked when you get into and out of a wheelchair.
- Use the brakes on your walker as advised by your therapist.

Infections

Proper hand cleaning, including soap and water and the use of alcohol gel, is the best way to prevent the spread of germs and infections.

- Make sure you, your family members and visitors clean your hands when entering and leaving your room.
- Staff will welcome your reminder to clean their hands before providing your care or giving you your medication.
- Cover your mouth and nose with a tissue when coughing or sneezing and dispose of it in the garbage, then immediately clean your hands.
- Ask friends and relatives who have colds, respiratory symptoms, or other contagious illnesses not to visit you or anyone in the hospital.
- Get vaccinated, if it is recommended. Flu and pneumonia vaccines can help prevent illnesses in elderly and high-risk patients.

Asking Questions

Learn about your illness, treatment plan and care options. Ask questions about your treatment options, tests and procedures until you feel comfortable. Ask about any risks and benefits, so you can make an informed decision about your care. Our physicians, nurses and staff want to hear and respond to your questions and concerns.



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Working Together for

PATIENT SAFETY

*Information for Patients,
Families and Care Providers*

Building healthier communities



Be Involved

Kemptville District Hospital is committed to providing the safest and the best of care for our patients. Hospitals are busy places and patients have more than one healthcare provider caring for them. By working together as a team with your physician, nurse, therapist, pharmacist and other hospital staff you can lower your risk of injury and make your hospital stay as safe as possible. These are some tips to help you become an active partner in your healthcare team and make your stay a safe and positive experience.



Identify Yourself

- Wear your ID bracelet at all times.
- If your bracelet comes off, ask someone to get you a new one.
- Check your ID bracelet to ensure that your name and other information are correct.

Understand your Discharge

Instructions

Make sure you understand the instructions for your care at home.

- Ask your doctor or nurse to write down any instructions you will need at home.
- Share this information with your family doctor.
- Request dates and times for follow-up appointments.
- Be sure you can read any new prescriptions and that you understand the instructions on the medication label.

Talk to your Healthcare Professionals

This means taking part in every decision about your care. Some helpful tips include:

- Answer your doctor or healthcare professional's questions about your health as honestly and completely as possible. This is important information to help provide a better diagnosis and treatment and avoid any unintended results or interactions.
- Ask questions if you need more information. Do not be satisfied until you completely understand what is happening and why. Your healthcare professionals will want to know if you have any questions.
- Write down a list of questions before you meet with your doctor or healthcare professional.
- Repeat the answers in your own words to make sure that you understand the information and write down the answers.
- Ask your doctor for the results of your tests and procedures.

Bring your Medical Information

Keep a record or journal of your medical history including:

- Past and present health conditions such as high blood pressure, diabetes, allergies and any surgeries you may have had.
- Your height and weight.
- All medications you are taking, including prescriptions and over the counter, non-prescription vitamins, medications such as Tylenol, vitamins or herbal products.
- Your immunization and vaccination history.
- All food, environmental and medication allergies, and any bad reactions you have had.
- A list of the names and phone numbers of all the healthcare professionals involved in your care such as doctors, nurses, community pharmacy, dietitian and therapists.

Medication Safety

- Review your medication schedule with your doctor and healthcare professional.
- Make sure your healthcare provider identifies you correctly by checking your ID bracelet before giving you any medication.
- Know what medications (name, strength and how often) you are on and why.
- Ask what the medication is and its purpose.
- Ask about any questions or concerns you may have with your medication (how to know if it's working, side effects, how long you will take it).
- If the medications or dosages have been changed from those you take at home, ask why.
- Ask questions if the medication looks different than what you are used to.
- While in hospital, don't take medications from home.
- If you have medication allergies, ask if the new medications may be related to those you are allergic to or may cause allergic reactions for you. This information will help to ensure you are not prescribed a potentially harmful medication.



- If you start or stop taking a medication, or the dosage changes, be sure to keep your record up to date.
- When you are discharged, ask for the hospital's medication record of all the medication you are supposed to be on.