



8 simple steps to keep yourself safe during your hospital stay

You have the right to health care that is:

- **Respectful**
- **Responsive**
- **Safe**

1 About you

Tell us if:

- any of your personal information is wrong (name band, address, General Practitioner or next of kin)
- you have any allergies and we will give you a red identification band
- you would like to have a yarn with an **Aboriginal Liaison Officer**.



2 Your medicines

- Tell us if you do not understand what your medicines are for or if you have had a bad reaction to medicines before.
- Ask us if there are any possible side effects.
- If you usually smoke, ask us for Nicotine patches instead.
- Tell us if you think you should have been given some medicines or if the medicines look different this time.



3 Preventing infection

- Wash your hands before and after visiting the toilet, after coughing and before all meals.
- Ask your family and friends not to visit you if they are sick.
- Tell us if you have diarrhoea or have been vomiting.
- If you have a spreadable illness, staff and visitors may have to wear gloves and gowns when they come into your room.



Artwork by the Yiriman Women

4 Preventing falls

- Wear shoes that fit well and don't slip.
- Use your walking stick or frame, if you have one.
- Stand up slowly – some medicines can make you feel dizzy.



5 Preventing blood clots

- Keep moving – even in bed!
- Drink plenty of fluids (water, tea, juice).
- Wear your hospital stockings.
- Take blood-thinning tablets or injections as advised by your doctor.



6 Pressure sores

- Let us know if you see any redness on your skin, pain in your heels or bottom, tingly or numb feelings.
- We can help you change position or give you a special mattress or cushion for support.
- If you are very unwell in bed the nurses will help you move about every 2 hours.



7 Any concerns?

- We are here to help you – talk to us if you have any worries or concerns about your treatment.
- Every hospital has a way for you to talk about your time in hospital, the good and the bad. Your stories are important to us.
- You can provide feedback during and after your hospital stay, in person, on paper or online (you don't have to tell us your name).



8 Leaving hospital

Before you leave, make sure you:

- have your discharge letter from the hospital
- have your medicine/prescription and it has been explained to you
- know who to contact if you have any questions or concerns
- know when your next appointment is.

