

Tips to Ensure a Safe Hospital Stay

Michigan Medicine faculty and staff are working with patients and families to become the safest hospital in the world. Please review the following safety tips.

Speak Up!

If something does not seem right, tell us. If you have told staff your serious health concerns but feel they have not been resolved, dial 141 for FIRST.

Dial 141 for FIRST: The Family Initiated Rapid Safety Team

- **Speak up** if you have any questions or concerns. You have the right to question anyone who is involved with your care.
- **Know** who is **in charge** of your care.
 - Many people may be involved in your care. Also, doctors can change during your stay. You can encourage your care providers to write their names and roles on the whiteboard in your inpatient room to help you **understand** who is on your **care team**.
- Do not assume “no news means good news”. **Ask** your doctor about your **test results**.
- **Be informed** about any procedures. Make sure you and your doctors all agree on exactly what will be done.

When you are unable to speak up (because you are sedated or have a breathing tube that prevents you from speaking), a trusted family member or friend can be your **advocate**.

What steps can I take to prevent a fall?

All stroke patients in the hospital have an increased risk of falling.

The effects of medications, side effects from the stroke, new surroundings, pain, and possibly being attached to tubes and wires can make it difficult to move safely on your own.

Follow these steps to prevent falls:

- Use the call light to ask your nurse or tech for help.
- Wear slip-resistant socks and asking for help before getting out of bed.
- Avoid using unsteady items (such as IV poles and bedside tables) when getting out of bed.
- Be aware of how you are feeling. Some medications can cause dizziness or drowsiness.
- Ask your family for help. Families are encouraged to stay if a patient is at risk of a fall.

How does good hand hygiene help keep me safe?

Patients in the hospital can get infections, called “healthcare-associated infections” from the spread of bacteria on the hands of caregivers and other staff. Health care providers can prevent the spread of bacteria by simply washing their hands. At Michigan Medicine, staff is required to wash their hands (with soap and water or alcohol-based hand rub) when entering and leaving a patient room and before and after each patient contact.

- If you ever notice anyone forgetting to clean their hands, please remind them to do so.
- At Michigan Medicine, we encourage our families and other visitors to wash their hands also.

What is an identification bracelet?

When you arrive, an ID band with your name and medical record number (MRN) is put on your wrist. Staff will check your identity by looking at this ID bracelet. Please do not remove the bracelet until after you are discharged home.

What should I know about medication safety while in the hospital?

While in the hospital you can expect staff to give you the right medications. Your doctor may order new medications when you are in the hospital. Please feel comfortable voicing concerns if you feel that any medication being given to you is not right.

Be sure you know:

- What medication you are taking and why you are taking it
- What the medication looks like · the dose (amount)
- How often you take it and what time of day
- Side effects that may occur

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Patient Education by [Michigan Medicine](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 3.0 Unported License](#). Last Revised 08/2017