

Making your stay safe

Please follow these 8 simple steps to help keep safe

Identification

Please

- Tell us if any of your personal information has changed or is wrong, for example your address, GP, next of kin.
- Tell us if your ID band is wrong.
- Tell us if you have any allergies.



Preventing falls

Please

- Wear well fitting slippers or shoes with rubber soles when walking around. If you don't have access to suitable footwear speak to your nurse who may be able to help.
- Remember to use your usual walking aids.
- If you need assistance - tell us, we're here to help.





Preventing blood clots

Please

- If you have been advised to wear the hospital stockings, please do so.
- Move as often as you can, even if you are in bed. Try some simple exercises like bending and straightening your arms and legs.
- If your doctor has prescribed blood thinning tablets or injections it is important to have them.
- Drink fluids as advised.



Your medicines

Please

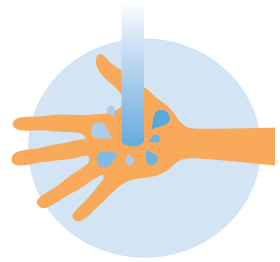
- Tell us if you have any allergies.
- Tell us if you don't understand what your medicines are for or if they look different from your usual ones.
- Your doctor, nurse or pharmacist can help alleviate any concerns you may have and explain any possible side effects.



Preventing Infection

Please

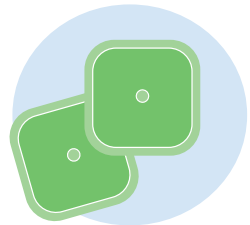
- Wash hands or use the wipes provided before and after visiting the toilet and before meals. If you need any help please ask.
- Do not hesitate to ask our staff if they have washed their hands before any contact with you.
- Use the hand sanitizer as required. Your visitors should use this too.
- Tell us straight away if you have diarrhoea or vomiting or feel unwell.



Preventing Pressure Ulcers

Please

- Try to keep mobile, even if you are in bed. Change your position frequently if you can.
- Call us if you are uncomfortable. We are very happy to help.
- We have special mattresses and cushions for support. Your nurse will arrange for some if you need them.





Leaving Hospital

- Before you leave, make sure you have your discharge letter and any medicines AND that they have been explained.
- Know who to contact if you have any questions or concerns.
- Know when your next appointment is.

Something not right?

We are here to help and will always do our best to make you feel safe and cared for. If you have any worries or concerns, please ask to speak to the nurse in charge who should be able to resolve the situation straight away.

Sign up to
SAFETY

Putting you first

