4. Fall prevention

A health care facility can be an unfamiliar place, and on top of that, you may receive medications you are not used to. Most patient falls occur when patients attempt to get out of bed or off an exam table on their own. So please always ask for assistance.

Staff members are here to help you get up and around. If you use a cane or walker at home, you should also use one when you are here.

During a hospital stay, we request that you use your bedside call light if you need assistance to get in or out of bed. Talk to your nurse or physical therapist about the best footwear for you to help prevent falls. Your own shoes may provide the best stability and safety any time you walk in the hospital or hospital room. As a backup, we can provide rubber-sole slipper socks to help prevent a slip or fall.

Please also tell your doctor and nurse if you have poor vision, or if you begin to feel dizzy or weak.

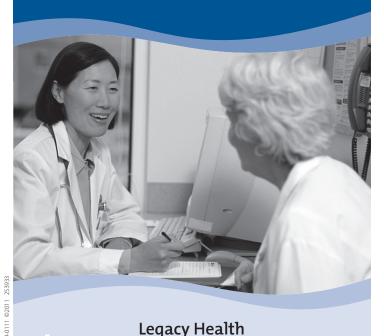
Remember, we are here to help you

Our health care team wants to work together with you as partners to help you get better. You can help make your health care visit a safe one by understanding the importance of patient identification, hand washing, medication safety and fall prevention. Please also remember, it is vital for your recovery that you ask any questions you may have before returning home.

Our legacy is yours.

Legacy Health strives to make responsible printing and paper choices that minimize our effect on natural resources.

Have questions? It's OK to ask.



Legacy Health

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EMANUEL Medical Center GOOD SAMARITAN Medical Center MERIDIAN PARK Medical Center

MOUNT HOOD Medical Center SALMON CREEK Medical Center THE CHILDREN'S HOSPITAL Legacy Emanuel

LEGACY MEDICAL GROUP LEGACY LABORATORY LEGACY RESEARCH LEGACY HOSPICE



At Legacy Health, we believe

when it comes to your care, "it's OK to ask" about anything that may concern you.

Asking questions helps you get better and stay safer

Patients who are more involved with their health care tend to do better and stay safer. We depend on you to provide accurate information, and we welcome you to speak up when you have questions or concerns.

Nurses, doctors and staff are all here to help you, your child or family member get better. For your convenience and for a better care outcome, we have identified four areas of focus, as follows:



When it comes to your care, "It's OK to ask"

1. Patient identification

When you are seen at a Legacy clinic, your caregivers may ask you questions to confirm your identity.

When you are admitted to one of Legacy's medical centers, you will receive an identification bracelet. It is important for you to wear your ID bracelet at all times until you are discharged from the hospital. Throughout your stay with us, many people will look at your ID bracelet for reasons including treatments, medications and procedures. Keeping your ID bracelet on helps keep you safe.

2. Hand washing

The easiest way to prevent infection is to keep your hands clean. Please be sure to thoroughly wash both hands with soap and water for at least 15 seconds, and then dry them with a clean or disposable towel. This should be done frequently during the day. You can also use alcohol hand cleansers, which are available throughout Legacy's hospitals and clinics.

It is very important you clean your hands after you go to the bathroom, before and after you eat, and before you take medications.

For the protection of everyone, please encourage your family, friends and health care team to wash their hands too. All staff, patients and family members should practice frequent hand washing when caring for you. If you do not see your doctor, nurse or other health care team member clean their hands — please remind them to do so.



3. Medication safety

Medication errors are the most common health care mistakes made in U.S. hospitals. Your involvement can help prevent these mistakes. Please begin by ensuring staff know about all medications you are taking.

If you are visiting a hospital or clinic, please bring a complete list of medications you are taking with you. Please keep this list with you at all times. The list should include over-the-counter and herbal medications, as well as any allergies you may have.

Always be sure to ask why you are receiving any medications being given to you, what they are and whether or not they could interact with any medications you are currently taking.

We want you to be comfortable. Please let us know if you feel pain or discomfort so our staff can take the necessary steps to keep you at ease and your pain manageable. Parents, please help our staff by letting them know how your child responds to pain and what comforting measures are effective for the child.