

Stay safe

Follow these simple steps to keep yourself safe during your hospital stay

1. Preventing falls



- Buzz if you need our help.
- Wear snug fitting shoes.
- Use your mobility aid.
- Be aware, some medicines may make you feel dizzy.
- Take care in the bathroom — tell us if you feel unwell/unsteady so we can help you.

2. Preventing blood clots



- Talk to us about reducing your risk of blood clots.
- Simple leg and ankle exercises can help.
- Use the compression stockings or calf pump as prescribed.
- Keep well hydrated and drink fluids as recommended.

3. Preventing infection



- It's OK to ask staff and visitors if they have washed their hands.
- Wash your hands with soap and water after using the toilet and use hand sanitiser or wash hands before eating.
- Cough or sneeze into your arm or tissue, put the tissue in the bin and use hand sanitiser.
- Physically distance by staying 1.5m away from others when you can.
- Wear a face mask when you are not able to keep 1.5m, as per COVID-19 restrictions.

4. Your medicines



- Tell us about **all** medication you take — prescription, over the counter and herbal or complementary medicines.
- Ask us for an up-to-date medicine list.
- Talk to us about any allergies or side effects to medication you have had.

5. Preventing pressure injuries



- Keep mobile if you can, even in bed.
- Tell us if you feel uncomfortable.
- Ask for help to change your position to relieve pressure, use equipment as recommended.
- Eat a healthy diet to help maintain healthy skin.

6. Identification



- Tell us if any of your personal information is wrong and if you have any allergies.
- Wear your ID band, as staff will check it regularly.

7. Any concerns



- Talk to us if you have any worries or concerns about your care.
- We are here to help you.

8. Leaving hospital



- Before you leave make sure:
- you have all the information you need to be safe at home;
 - your medications have been explained to you; and
 - you know when your next appointment is.

At home

- If you have a discharge letter — take it with you when you visit your GP.
- Complete the *How to Stay On Your Feet®* checklist.
- If you develop a swollen or hot leg, or have difficulty breathing, see your GP immediately.
- Do not share your pain medicines.
- Return any unused medicines to your pharmacy.

This patient information supports the following National Safety and Quality Health Service (NSQHS) Standards

- Clinical Governance Standard
- Partnering with Consumers Standard
- Medication Safety Standard
- Communicating for Safety Standard
- Comprehensive Care Standard
- Preventing and Controlling Infections Standard

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www.health.qld.gov.au/stayonyourfeet