

Know your nurses' and Doctor's name

Find out why a test or treatment is needed and how it can help you.

If you have a test, don't assume that no news is good news. Call your doctor and ask for the outcome of the test.

When visiting the Doctor ask someone to be with you to take notes, ask questions and if needed, make decisions on your behalf.

Be aware of your surroundings in hospitals or other health care settings. Spills or equipment may cause you to fall.

CPSI: Tips for Patients and Families



GASHA
Comment / Complaint Line
867- 4448
Toll Free
1-800-565-2551

St Martha's Regional Hospital
Antigonish, N. S.
902 863 2830

Strait Richmond Hospital
Evanston, N. S.
902 625 3100

Saint Mary's Memorial Hospital
Sherbrook, N. S.
902 522 2882

Guysborough Memorial Hospital
Guysborough, N. S.
902-533-3702

Eastern Memorial Hospital
Canso, N. S.
902- 366-2794



PATIENT SAFETY



HELP US HELP YOU!



PATIENT SAFETY TIPS

Make sure you are able to read your prescriptions and that you know the name of your drugs.

Make sure your doctor knows all the medications, herbal supplements or vitamins you are taking. Over-the-counter medications, such as cold medicine or vitamins, can have an effect on prescription medications.

Take your medications as prescribed. Ensure you understand what the medicine is for, how you are supposed to take it and any possible side effects. If you are unclear about a medication or are concerned about side effects, contact your Doctor, Nurse Practitioner or pharmacist immediately.

Note unusual reactions to pills, food or tape. Make a list of all allergies, include foods and medicines

If you're being discharged from the hospital, ask your doctor or caregiver to write down treatment plans or instructions you will need at home. This information should be shared with your family doctor as well

Keep a journal about your treatment and care. Include information such as medications prescribed, tests you receive and other important information provided by your health care team. If you're unable to do this, ask a friend or family member to do this for you.

When you visit the doctor or go to the hospital, bring your medications – or an updated list with you.

Wash your hands when you visit the hospital or other health care environments. It is okay to ask your doctor or healthcare provider to do the same.

Tell your doctor if you are seeing more than one doctor.

Make sure that all health professionals involved in your care know the important health information about you. Don't assume they have all the information they need about you.

