

Health Highlights



Well Wairarapa - better health for all
October 2017

Find us on

Patient safety

How well do you know your medicines?
Ask questions, write it down, keep it safe.

Taking medicines?
Have questions? Please ask.



Some great questions to ask your doctor, nurse or pharmacist:

- What is my medicine for?
- What is it called?
- How do I take it, and when?
- How long will I be taking it for?
- What will happen if I stop taking it?
- What are the side effects?
- Is there anything I should look out for?

Your safety and comfort is very important to us, and Wairarapa DHB is committed to providing the best and safest care possible for our patients every time.

There are some ways you can help yourself to stay safe in hospital.

What you can do:

Talk with your doctor and nurse and tell them what you know about your illness or injury, even if you think it is something minor.

Ask questions to help you understand your treatment – why you are having it, your choices, what will happen and the risks and benefits.

Wash your hands or use hand sanitizer often to help stop infection, and ask your visitors to do the same.

Keep a list and learn the names of the medicines you are taking, the reasons you are taking them and when and how to take them.

Ask for the results of any tests you have and what happens next.

Get to know your ward and make sure the call bell is always within easy reach and use it if you think you need help.

Before leaving hospital, ask what you and your family/whanau need to do at home and when you should contact someone if there is a concern.

Return unused medications to your pharmacy if they are replaced with different medicines, are no longer needed, or have expired.

Compliments and comments: quality@wairarapa.dhb.org.nz



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#PSWNZ

Four steps for your next health care visit: P.L.A.N. for better care

Planning for your next health care visit and asking questions will help you understand more about your health and treatment for an illness or injury.

P Prepare for your visit

Write down your main concerns and questions, make a list of your medicines and supplements, take a support person or ask for a translator

L Listen and share

Say if you don't understand, say if you can't afford or are not able to take your medicines, tell your doctor or nurse about your health

A Ask questions

If you are not sure, ASK!

N Note down what you hear

Your doctor, nurse and others included in your health care want you to ask questions to help you make decisions together.