



*Patient Safety is Everyone's Responsibility*



## Patient Safety Awareness 2020

# Member Toolkit

*Your guide to raising awareness  
among staff, patients, and families*

**Dear IHA Member:**

Patient safety is everyone's job and it is our focus year-round. Patient Safety Awareness Week is March 8 – 14 and the kick-off to our 2020 patient safety campaign. The Indiana Hospital Association has updated our Patient Safety Awareness Toolkit to help your organization in your patient safety outreach efforts. Whether you are launching a general campaign or wish to focus on the issues that affect your hospital most, we hope you find this resource a valuable tool in your efforts to raise awareness of important topics during Patient Safety Awareness Week and throughout the whole year.

This toolkit includes a press release template, newsletter article, a patient safety quiz, social media posts, ready-to-use imagery, ready-to-print table tents, and links to helpful resources. The messaging highlights general patient safety as well as the following:

- Speak Up™ - a patient safety program from The Joint Commission
- Public Health
  - Suicide Awareness
  - Infant Mortality and Safe Sleep
  - Tobacco
  - Opioid Misuse
  - Human Trafficking
- Harm Topics
  - Antibiotic Stewardship
  - Sepsis Awareness
  - Up Campaign – Get Up, Wake Up, Soap Up

All items used in this toolkit are intended to be a guide, allowing you to customize these materials as you see fit.

As health care providers, we must lead in educating the public about important patient safety issues. Thank you for your continued participation and partnership as we work together to increase patient safety awareness. **Please send any images or information on how your hospital celebrated Patient Safety Awareness Week to Casey Hutchens at [chutchens@IHAconnect.org](mailto:chutchens@IHAconnect.org).**

Sincerely,



Karin Kennedy  
Vice President, Quality & Patient Safety

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## 2020 Patient Safety Awareness Calendar

There are many health awareness events that IHA participates in and have resources created for you to use. These are patient safety awareness days that IHA will promote in 2020 and doesn't represent every topic or initiatives important to IHA and its members. There are many health awareness observances available [here](#) if your hospital is interested in celebrating these dates as well.

### January

[National Birth Defects Prevention Month](#)

[National Slavery and Human Trafficking Prevention Month](#)

### February

[Wise Health Care Consumer Month](#)

[Sepsis Survivor Week](#) Feb. 9 – 15

### March

[World Birth Defects Day](#) March 3

[Patient Safety Awareness Week](#) March 8 - 14

[Kick Butts Day](#) March 18

### April

[World Health Day](#) April 7

[Pediatric Sepsis Week](#) April 19 - 25

### May

[Mental Health Month](#)

[World Hand Hygiene Day](#) May 5

[World No Tobacco Day](#) May 31



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June

[PTSD Awareness Month](#)

August

[Opioid Misuse Prevention Day](#)

Aug. 31

September

[Falls Prevention Month](#)

([Falls Prevention Day](#) – Sept. 22)

[Sepsis Awareness Month](#)

([World Sepsis Day](#) – Sept. 13)

[National Suicide Prevention Month](#)

([World Suicide Prevention Day](#) – Sept. 10)

[National Suicide Prevention Week](#)

Sept. 6 – 12

October

[National Substance Abuse Prevention Month](#)

[SIDS Awareness Month](#)

November

[Lung Cancer Awareness Month](#)

[World Antibiotic Awareness Week](#)

Nov. 11 – 17

[Great American Smokeout](#)

Nov. 19

[National Rural Health Day](#)

Nov. 19

December

[National Handwashing Awareness Week](#)

Dec. 6 – 12

## Press Release Template

FOR IMMEDIATE RELEASE [Date]

Media Contact: [Name]

[Email Address]

[Phone Number]

[Hospital Name] Celebrates Patient Safety Awareness Week [Dates]

[City]—In recognition of Patient Safety Awareness Week, [Hospital Name] offers tips to help patients stay safe and take an active role in their care. Patient Safety Awareness Week, which is observed annually to raise awareness of important patient safety issues, is March 8 – 14.

“Patient safety is at the core of the care we provide and engrained within our hospital culture,” said [President/CEO Name]. “We welcome this opportunity to celebrate Patient Safety Awareness Week in collaboration with the Indiana Hospital Association with our patients, staff, and community.”

[Hospital name] offers the following tips to help patients stay safe and comfortable during their hospital stay:

- **Speak up.** You must trust your health care provider, but remember communication is a two-way street. If you have a question or concern about your care, ask your doctor. Ask Me 3<sup>®</sup> encourages patients and families to ask three specific questions of their providers to better understand their health conditions and what they need to do to stay healthy.
  - What is my main problem?
  - What do I need to do?
  - Why is it important for me to do this?
- **Keep your hands clean.** Hand hygiene is the most effective way to prevent the spread of infection. Keep your hands clean and ask providers to clean their hands before touching you.
- **Educate yourself.** Unfortunately, it’s possible to get an infection in the hospital while being treated for something else. Know the signs and symptoms of infection and let your health care provider know if you experience them.
- **Participate in treatment decisions.** Your health care provider has your best interests in mind, but you must be an active participant in your own care. Discuss all treatment options so you can make an informed decision together.

“Patient safety is everyone’s responsibility, from physicians and nurses to patients and visitors,” [President/CEO Name] said. “We must all work together to ensure patients receive the best, safest care.”

For more information about Patient Safety Awareness Week, go to [www.unitedforpatientsafety.org](http://www.unitedforpatientsafety.org).

## Newsletter Article or Email for Staff

### Help Raise Awareness During Patient Safety Awareness Week



Patient Safety Awareness Week **# SafeHoosiers**

Patient Safety Awareness Week is March 8 – 14, and [Hospital Name] will be spreading the word through social media, flyers, and other efforts. Patient safety is everyone's responsibility, and staff are encouraged to help promote and educate patients and visitors about ways to stay safe and be engaged in their care.

[Hospital Name] will be sharing patient safety tips and information on social media and internally. Please like and share these posts as we all work together to ensure patients receive the safest care.

### Ideas for Sharing Patient Safety Awareness Week Internally

Here are some ideas for spreading Patient Safety Awareness Week to your staff:

- Talk about Patient Safety Awareness Week in huddles
- Ask your CEO to send out a message to staff highlighting the importance of patient safety as well as the great work underway.
- Download and print IHA's Patient Safety Awareness Week table tents and put them up around your facilities
- Host a health fair for staff
- Put up a table with all the Patient Safety Awareness Week items provided in this toolkit in your cafeteria
- Put up Patient Safety Awareness Week banners and distribute items in your facility's public areas to get the patient safety conversation started



Staff from St. Catherine Hospital in East Chicago put a fun spin on promoting hand hygiene during Patient Safety Awareness Week 2020.



## Patient Safety Quiz

Find out how much you know about patient safety by taking this quiz.

1. Who is responsible for patient safety?
  - A. Doctors
  - B. Nurses
  - C. Patients
  - D. Everyone
  
2. What is the most effective way to prevent the spread of infection?
  - A. Covering your mouth when you cough
  - B. Washing your hands
  - C. Wearing a face mask
  - D. Avoiding sharing drinks or food
  
3. What is the leading cause of accidental injury deaths in the U.S.?
  - A. Drug overdose
  - B. Car accident
  - C. Falls
  - D. Choking
  
4. Which of the following is safe to place in a baby's crib?
  - A. A heavy blanket
  - B. A stuffed animal
  - C. A crib bumper
  - D. None of the above
  
5. If you have a question about your care, what's the best thing you can do?
  - A. Research it on the Internet
  - B. Ignore it and trust everything will work out
  - C. Speak up and ask your health care provider
  - D. Ask a friend or family member to find the answer
  
6. Sepsis is:
  - A. The body's overwhelming response to infection
  - B. Considered a medical emergency
  - C. The third leading cause of death in the U.S.
  - D. All of the above



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7. What is the percentage of older adults who have adverse events from medications?
  - A. 25-50%
  - B. 10-15%
  - C. 75-80%
  - D. 50-75%
8. Trafficking involves transporting someone into a situation of exploitation. This can include:
  - A. Forced labor
  - B. Marriage
  - C. Prostitution
  - D. All the above
9. What is a good method to prevent adverse events from medicine in older adults?
  - A. Review medication lists at each medical encounter
  - B. Call a caregiver each time medicine is given
  - C. Drink less water
  - D. Adjust medication doses on your own
10. How quickly does nicotine reach the brain?
  - A. Within 10 seconds
  - B. Within 1 minute
  - C. Within 5 minutes
  - D. Within 30 minutes
11. How long does the pleasurable feeling of smoking last?
  - A. Only a few minutes
  - B. 20 minutes
  - C. 45 minutes
  - D. 1 hour
12. When does a former tobacco user's risk of coronary heart disease reach that of a non-smoker?
  - A. 1 year
  - B. 5 years
  - C. 10 years
  - D. 15 years

Answers: Q1: D; Q2: B; Q3: A; Q4: D; Q5: C; Q6: D; Q7: A; Q8: D; Q9: A; Q10: A; Q11: A; Q12: D



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## Table Tents

These table tent files are available to coordinate with your Patient Safety Awareness campaigns on each of the patient safety topics covered in this toolkit.

Click on the links below to download a PDF of the table tent by topic. The table tents should be printed on 8 ½ X 11” white card stock and then folded into thirds and taped on the seam as pictured. You can leave the ¼” margin or trim if desired.

[Speak Up](#)

[Suicide Awareness](#)

[Safe Infant Sleep Practices](#)

[Tobacco](#)

[Opioid Misuse](#)

[Human Trafficking](#)

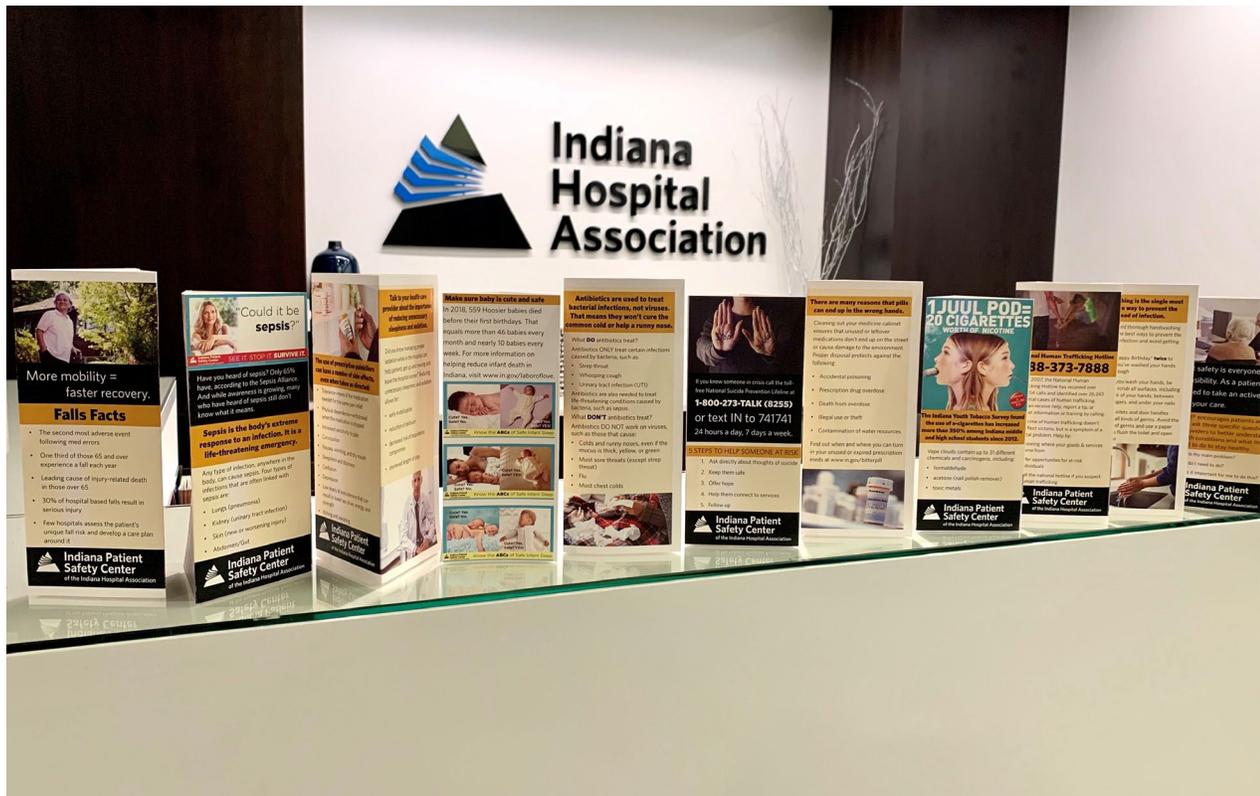
[Safe Antibiotic Use](#)

[Sepsis Awareness](#)

[SOAP UP: Hand Hygiene](#)

[GET UP: Progressive Mobility](#)

[WAKE UP: Reducing Sedation](#)



## Social Media Plan

Social media is one of the easiest and most effective ways to educate and engage the public. We have created sample messaging and imagery for you to use on your social media channels to raise awareness of a variety of patient safety issues. These images are designed primarily for Facebook and Twitter but can be used where you see fit.

There are several suggested social media posts for each topic. We have tried to provide flexibility with the messaging, allowing you to decide when and how frequently you wish to post. Patient safety does not stop after Patient Safety Awareness Week, so feel free to use these messages for other activities your organization may have planned throughout the year. Please feel free to personalize these messages to incorporate the specific efforts of your organization.

Use these hashtags throughout the week!

#PatientSafetyAwareness #SaferHoosiers #UnitedForPatientSafety

## General Patient Safety Awareness Messages

Message 1: March 8 - 14 is Patient Safety Awareness Week. Make a commitment to your own health and follow us for information and tips all week.  
#PatientSafetyAwareness #UnitedForPatientSafety



[Click to download image](#)

Message 2: Unfortunately, patients can get infections in a health care setting while being treated for something else. Be informed. Be empowered. Be prepared. Find out what you can do to stay safe at [www.cdc.gov/hai/patientsafety/patient-safety.html](http://www.cdc.gov/hai/patientsafety/patient-safety.html). #PatientSafetyAwareness #UnitedForPatientSafety

Message 3: How patient safety-savvy are you? Take our quiz and find out: <http://bit.ly/2Dgubek>  
#PatientSafetyAwareness #UnitedForPatientSafety

Message 4: Having health care procedures makes you more vulnerable to germs that cause infections. You need to know the signs and symptoms of infection and let your doctor know if you are experiencing any of them. Learn more: [https://apic.org/Resource/TinyMceFileManager/for\\_consumers/IPandYou\\_Bulletin\\_What\\_s\\_an\\_HAI\\_2018.pdf](https://apic.org/Resource/TinyMceFileManager/for_consumers/IPandYou_Bulletin_What_s_an_HAI_2018.pdf) #PatientSafetyAwareness #UnitedForPatientSafety

Message 5: Handwashing is the single most effective way to prevent the spread of infection. As a patient, keep your hands clean—and make sure your health care providers clean their hands before touching you. Visit [www.cdc.gov/handhygiene/patients/index.html](http://www.cdc.gov/handhygiene/patients/index.html) to learn about safe hand hygiene practices. #PatientSafetyAwareness #UnitedForPatientSafety



[Click to download GIF](#)

## Speak Up™

The goal of the Joint Commission's Speak Up patient safety program is to help patients and their advocates become active in their care. Learn more at: [www.jointcommission.org/en/resources/for-consumers/speak-up-campaigns/](http://www.jointcommission.org/en/resources/for-consumers/speak-up-campaigns/)

Message 1: Not sure how to be more active in your care?  
Remember SPEAK UP:

S: Speak up if you have questions or concerns

P: Pay attention to the care you get

E: Educate yourself about your illness

A: Ask a trusted family member or friend to be your advocate

K: Know what medicines you take and why

U: Use a health care organization that has been carefully checked out

P: Participate in all decisions about your treatment



[Click to download image](#)

Learn more at [www.jointcommission.org](http://www.jointcommission.org) #PatientSafetyAwareness  
#UnitedForPatientSafety

Message 2: Patient safety is everyone's responsibility. As a patient, you need to take an active role in your care. Learn how you can be a safe patient at [https://apic.org/Resource /TinyMceFileManager/for\\_consumers/IPandYou Bulletin What s an HAI 2018.pdf](https://apic.org/Resource/TinyMceFileManager/for_consumers/IPandYou_Bulletin_What_s_an_HAI_2018.pdf). #PatientSafetyAwareness #UnitedForPatientSafety

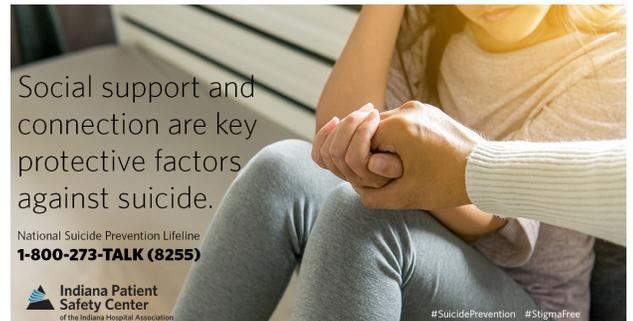
Message 3: Ask Me 3® encourages patients and families to ask three specific questions of their providers to better understand their health conditions and what they need to do to stay healthy.  
What is my main problem?  
What do I need to do?  
Why is it important for me to do this?

Learn more at [www.ihl.org/resources/Pages/Tools/Ask-Me-3-Good-Questions-for-Your-Good-Health.aspx](http://www.ihl.org/resources/Pages/Tools/Ask-Me-3-Good-Questions-for-Your-Good-Health.aspx). #PatientSafetyAwareness #UnitedForPatientSafety

Message 4: Speaking up matters when you are talking about end-of-life care. Use this tool to help with making this conversation an easier one to have. <https://theconversationproject.org/wp-content/uploads/2017/02/ConversationProject-ConvostarterKit-English.pdf>

## Suicide Awareness Messages

Message 1: Social isolation, increased anxiety, increased substance use, increased anger, expressing hopelessness, changes in sleep or diet, talking about wanting to die, and making plans for suicide are all warning signs of suicide. Learn more at [www.cdc.gov/vitalsigns/suicide/index.html](http://www.cdc.gov/vitalsigns/suicide/index.html) #SaferHoosiers #PatientSafetyAwareness



[Click to download image](#)

Message 2: Over 1,000 Hoosiers died by suicide in 2019 with a Hoosier dying by suicide every eight hours. Learn more at <https://afsp.org/about-suicide/state-fact-sheets/#Indiana> #SaferHoosiers #PatientSafetyAwareness

Message 3: 39% of people who die by suicide visit an emergency department in the year prior to their death, and up to 45% of people who die by suicide visit their primary care physician in the month prior to their death. Coordinated suicide prevention strategies can have a dramatic impact on lives saved. Learn more at <https://project2025.afsp.org/>. #SaferHoosiers #PatientSafetyAwareness

Message 4: Suicide prevention is everyone's business. Learn how to help prevent suicide at <https://qprinstitute.com> #SaferHoosiers #PatientSafetyAwareness

Message 5: Talking with and finding help for someone that may be suicidal can be difficult. Here are some tips.

- Do talk openly and matter-of-factly about suicide.
- Do listen. Allow expressions of and accept feelings.
- Do get help - call 1 800-273-TALK (8255) or text IN to 741741
- Do act. Remove means, like weapons or pills.
- Don't debate if suicide is right or wrong, or if feelings are good or bad.
- Don't lecture on the value of life.
- Don't act shocked. This will put distance between you.
- Don't be sworn to secrecy. Seek support.

For training information go to: <https://qprinstitute.com/about-qpr> #SaferHoosiers #PatientSafetyAwareness

## Safe Infant Sleep Practices

Message 1: In 2018, 559 Hoosier babies died before their first birthdays. That equals more than 50 babies every month and nearly 12 babies every week. For more information on helping reduce infant death in Indiana, visit [www.in.gov/laboroflove/index.htm](http://www.in.gov/laboroflove/index.htm).  
#SaferHoosiers #PatientSafetyAwareness #SafeSleep



[Click to download image](#)

Message 2: To ensure your infant sleeps safely, remember the ABCs of safe sleep: All by myself, on my Back, in my Crib. Get more information about safe infant sleep practices at [www.nichd.nih.gov/sts/about/risk/Pages/reduce.aspx](http://www.nichd.nih.gov/sts/about/risk/Pages/reduce.aspx). #PatientSafetyAwareness #UnitedForPatientSafety #SafeSleep

Message 3: “The rules keep changing. How do I know if I’m doing the right thing?” It’s important to understand why the “rules” or recommendations have changed so much over time. Doctors have studied the reasons why babies die in their sleep and as they learn more, they pass the information on to parents. Learn more about how to avoid these risks at [www.aap.org](http://www.aap.org) #PatientSafetyAwareness #UnitedForPatientSafety #SafeSleep

Message 4: The sudden death of an infant younger than 1 year of age can happen because of factors like: suffocation by soft bedding; overlay — when another person rolls on top of or against the infant while sleeping; wedging or entrapment — when an infant is wedged between two objects such as a mattress and the wall, bed frame, or furniture; and strangulation — for example, when an infant’s head and neck become tangled in car seat straps or wrapped in blankets. Learn more at: [www1.nichd.nih.gov/sts/about/risk/Pages/reduce.aspx](http://www1.nichd.nih.gov/sts/about/risk/Pages/reduce.aspx) #PatientSafetyAwareness #UnitedForPatientSafety #SafeSleep

Message 5: When it’s time for your baby to sleep, always place him or her on a firm surface, like a mattress covered in a fitted sheet in a safety-approved crib. Don’t place your baby on soft surfaces like a couch or pillow. Get more tips on ways to ensure your baby sleeps safely at [www1.nichd.nih.gov/sts/about/risk/Pages/reduce.aspx](http://www1.nichd.nih.gov/sts/about/risk/Pages/reduce.aspx). #PatientSafetyAwareness #UnitedForPatientSafety #SafeSleep

## Tobacco Cessation

Message 1: Indiana ranks 44th in the nation in tobacco use. Nearly 22% of adult Hoosiers smoke. Smoking is the leading cause of preventable death in the U.S. Learn about free cessation resources available to Hoosiers:  
[www.quitnowindiana.com/](http://www.quitnowindiana.com/)  
#PatientSafetyAwareness



Patient Safety Awareness Week [Click to download image](#) #SafeHoosiers

Message 2: 90% of lung cancer deaths in the U.S. are caused by smoking. Lung cancer is the deadliest cancer in the nation. Learn about the damage tobacco causes in the body:  
[www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/health\\_effects/effects\\_cig\\_smoking/](http://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/)  
#PatientSafetyAwareness

Message 3: Babies whose mothers smoked during pregnancy or who are exposed to secondhand smoke after birth are more likely to die of SIDS than babies who are not exposed. Learn more: [www.cdc.gov/tobacco/campaign/tips/diseases/pregnancy.html](http://www.cdc.gov/tobacco/campaign/tips/diseases/pregnancy.html)  
#PatientSafetyAwareness

Message 4: Survey data shows that 46% of smokers in the U.S. try to quit each year, and more than 70% have made at least one prior quit attempt. Quitting is hard but can be done with support. Learn about free cessation resources at [www.quitnowindiana.com/](http://www.quitnowindiana.com/)  
#PatientSafetyAwareness

Message 5: Did you know nicotine replacement therapies like the patch and gum increase the success of quitting and can be purchased without a prescription? Learn more about nicotine replacement therapies at <https://smokefree.gov/tools-tips/how-to-quit/using-nicotine-replacement-therapy> #PatientSafetyAwareness

Message 6: The Indiana Youth Tobacco Survey found the use of e-cigarettes has increased more than 350% among Indiana middle and high school students since 2012. Vape clouds contain up to 31 different chemicals and carcinogens, including formaldehyde, acetone (nail polish remover), and toxic metals that can build up in your lungs over time. Find out more at: [www.behindthehaze.com/](http://www.behindthehaze.com/) #PatientSafetyAwareness

## Opioid Misuse

Message 1: Opioids are powerful and highly addictive painkillers. They include prescription drugs, fentanyl, and heroin. Learn more about opioids and why they're so dangerous at [www.cdc.gov/drugoverdose/opioids/index.html](http://www.cdc.gov/drugoverdose/opioids/index.html).  
#PatientSafetyAwareness #UnitedForPatientSafety



[Click to download image](#)

Message 2: Prescription drug misuse does not discriminate against age, race, gender, or income, with a loss of more than 15,000 Hoosiers due to drug overdoses since 1999. Get the facts about the opioid epidemic in Indiana at [www.in.gov/isdh/files/85\\_Drug%20Overdose%20Data%20Brief\\_2019.pdf](http://www.in.gov/isdh/files/85_Drug%20Overdose%20Data%20Brief_2019.pdf). #SaferHoosiers  
#PatientSafetyAwareness

Message 3: Indiana had the 14th highest drug overdose death rate in the U.S. in 2017. There were over 1,800 drug overdose deaths averaging to five Hoosiers a day. Learn how to avoid harm from your prescription painkillers at [www.cdc.gov/drugoverdose](http://www.cdc.gov/drugoverdose). #SaferHoosiers  
#PatientSafetyAwareness

Message 4: Any drug has the potential to be misused or abused. The three most common are:

- Painkillers (opioid or narcotic pain relievers) are shared/sold to get high, dull pain, or to change a mood
- Depressants (treats anxiety or sleep disorders) are often used to "relax or wind down," or come back down after stimulant use
- Stimulants (for attention deficit disorders) for staying awake or come back up after depressants

Learn more at [www.in.gov/bitterpill/faqs.html](http://www.in.gov/bitterpill/faqs.html). #PatientSafetyAwareness  
#UnitedForPatientSafety

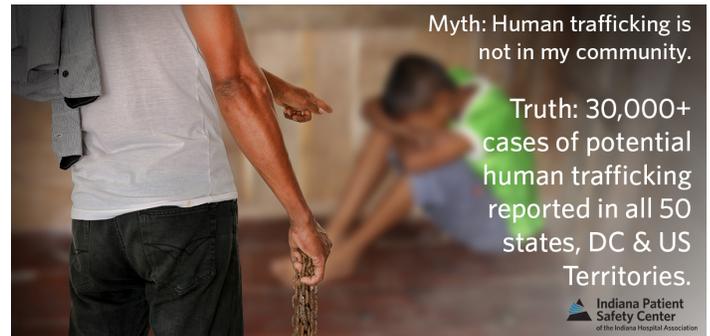
Message 5: There are many reasons that pills can end up in the wrong hands. Cleaning out your medicine cabinet ensures that unused or leftover medications don't end up on the street or cause damage to the environment. Proper disposal protects against the following:

- Accidental poisoning
- Prescription drug overdose
- Death from overdose
- Illegal use or theft
- Contamination of water resources

Find out when and where you can turn in your unused or expired prescription meds at [www.in.gov/bitterpill/safe\\_storage.html](http://www.in.gov/bitterpill/safe_storage.html). #PatientSafetyAwareness  
#UnitedForPatientSafety

## Human Trafficking

- Message 1: Human trafficking, which involves the use of force, fraud, or coercion to obtain some type of labor or commercial sex act, is increasingly a risk in our communities. Everyday hospitals and health systems see patients who are victims of human trafficking. For this reason, human trafficking is one of the focus areas of the American Hospital Association’s Hospitals Against Violence Initiative. Learn more with these shared resources at [www.aha.org/combating-human-trafficking](http://www.aha.org/combating-human-trafficking) #SaferHoosiers #PatientSafetyAwareness
- Message 2: Could you spot a victim of trafficking in a crowd? Probably not — victims may not look any different than anyone else you see every day. Learn more at [www.acf.hhs.gov/otip/partnerships/look-beneath-the-surface](http://www.acf.hhs.gov/otip/partnerships/look-beneath-the-surface) #SaferHoosiers #PatientSafetyAwareness
- Message 3: Human trafficking has been reported in every single state in the U.S. Know the signs and look beneath the surface when interacting with people in your community. You may be the only person a victim has an opportunity to speak to. Learn more at [www.acf.hhs.gov/otip/resource/lbs-providers](http://www.acf.hhs.gov/otip/resource/lbs-providers) #SaferHoosiers #PatientSafetyAwareness
- Message 4: Human trafficking is a form of modern slavery that occurs in every state, including Indiana. The National Human Trafficking Hotline works closely with service providers, law enforcement, and other professionals in Indiana to serve victims and survivors of trafficking, respond to human trafficking cases, and share information and resources. Learn more at [humantraffickinghotline.org/state/indiana](http://humantraffickinghotline.org/state/indiana) #SaferHoosiers #PatientSafetyAwareness
- Message 5: While some traffickers physically hold the people they exploit, it is more common for them to use psychological means of control. Fear, trauma, drug addiction, threats against families, and a lack of options due to poverty and homelessness can all prevent someone from leaving. Some individuals who experience trafficking may also be manipulated or believe they are in love with their trafficker, which can make them resistant to seeking help. Learn more at [www.acf.hhs.gov/otip/about/myths-facts-human-trafficking](http://www.acf.hhs.gov/otip/about/myths-facts-human-trafficking) #SaferHoosiers #PatientSafetyAwareness



Patient Safety Awareness Week # SafeHoosiers

[Click to download image](#)

## Safe Antibiotic Use

Message 1: Antibiotics are used to treat bacterial infections, not viral infections. That means they won't cure the common cold or help your runny nose. Learn more:

[www.cdc.gov/antibiotic-use/community/index.html](http://www.cdc.gov/antibiotic-use/community/index.html)

#PatientSafetyAwareness  
#UnitedForPatientSafety



[Click to download image](#)

Message 2: Feeling bad and wondering if you need an antibiotic? This chart from the CDC explains which common illnesses are usually viral or bacterial and when antibiotics are necessary:

[www.cdc.gov/antibiotic-use/community/pdfs/aaw/AU\\_viruses-or-bacteria-Chart\\_508.pdf](http://www.cdc.gov/antibiotic-use/community/pdfs/aaw/AU_viruses-or-bacteria-Chart_508.pdf)

#PatientSafetyAwareness #UnitedForPatientSafety

Message 3: Antibiotic resistance is a growing problem in the U.S. When bacteria resist the effects of an antibiotic, they survive and continue to multiply, causing more harm. Learn more about how this happens and what you can do to prevent it:

[www.cdc.gov/antibiotic-use/community/about/antibiotic-resistance-faqs.html](http://www.cdc.gov/antibiotic-use/community/about/antibiotic-resistance-faqs.html) #PatientSafetyAwareness

#UnitedForPatientSafety

Message 4: Taking antibiotics when you have a virus can be dangerous. They can increase your risk of getting an antibiotic-resistant infection later, kill healthy bacteria, and cause harmful side effects. Learn more:

<https://www.cdc.gov/antibiotic-use/community/about/antibiotic-resistance-faqs.html> #PatientSafetyAwareness #UnitedForPatientSafety

Message 5: "Be an Antibiotics Whiz" and test your knowledge about antibiotics here:

<https://www.cdc.gov/antibiotic-use/community/about/quiz.htm> #PatientSafetyAwareness

#UnitedForPatientSafety

Message 6: If you have a viral infection, antibiotics won't cure the infection, keep others from catching the illness, or help you feel better. Learn more:

[www.cdc.gov/antibiotic-use/community/about/should-know.html](http://www.cdc.gov/antibiotic-use/community/about/should-know.html) #PatientSafetyAwareness

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**Sepsis Awareness** – Additional resources and the 2019 Sepsis Awareness Month Toolkit are available at [SurviveSepsis.com](https://www.survivesepsis.com).



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Message 1: Have you heard of sepsis? Only 65% have, according to the Sepsis Alliance. And while awareness is growing, many who have heard of sepsis still don't know what it means. Visit [SurviveSepsis.com](https://www.survivesepsis.com) to learn more. #PatientSafetyAwareness #UnitedForPatientSafety

Message 2: Over 3,500 Hoosiers died from sepsis last year according to the 2018 Indiana Hospital Association Inpatient Discharge Study. Learn more about sepsis and how to prevent it at [SurviveSepsis.com](https://www.survivesepsis.com). #SaferHoosiers #PatientSafetyAwareness

Message 3: Sepsis is a medical emergency. Time matters.

- Prevent infections
- Practice good oral and hand hygiene
- Know the signs and symptoms
- Act fast

Learn the signs of sepsis at [SurviveSepsis.com](https://www.survivesepsis.com). #PatientSafetyAwareness #UnitedForPatientSafety

Message 4: According to the Global Sepsis Alliance, sepsis is more common than heart attacks and claims more lives than cancer. If detected in time, sepsis can be treated at a hospital. If you have an infection, along with shivering, extreme pain, shortness of breath, increased heart rate, or a general terrible feeling, seek medical attention immediately to Stop it. Get the facts at [SurviveSepsis.com](https://www.survivesepsis.com). #PatientSafetyAwareness #UnitedForPatientSafety

Message 5: Every two minutes, an American dies from sepsis, according to Sepsis Alliance. The first step in preventing death from sepsis is to See it. Learn to identify sepsis through its symptoms, including:

- S: Shivering, fever, very cold
- E: Extreme pain
- P: Pale or discolored skin
- S: Sleepy, difficult to wake up
- I: "I feel like I might die"
- S: Shortness of breath

Learn more at [SurviveSepsis.com](https://www.survivesepsis.com). #PatientSafetyAwareness #UnitedForPatientSafety

## GET UP: Progressive Mobility

Message 1: Patients who get out of bed early often recover more quickly and return home sooner. Learn more about progressive mobility at [IHAconnect.org/Resources/GetUp](https://IHAconnect.org/Resources/GetUp).  
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Message 2: Progressive mobility preserves muscle strength, reduces delirium, improves lower extremity circulation and lung capacity, and reduces length of stay. Check out these resources for more info on how increasing mobility can decrease patient harm: [IHAconnect.org/Resources/GetUp](https://IHAconnect.org/Resources/GetUp). #PatientSafetyAwareness  
#UnitedForPatientSafety

Message 3: Talk to your health care provider about the importance of moving and staying mobile while in the hospital. [IHAconnect.org/Resources/GetUp](https://IHAconnect.org/Resources/GetUp). #PatientSafetyAwareness  
#UnitedForPatientSafety

Message 4: Safety from falls is important at home too. Take the necessary precautions to decrease your risk of falling at home. Learn more at: [www.jointcommission.org/resources/consumers/speak-up-campaigns/to-prevent-falls/](https://www.jointcommission.org/resources/consumers/speak-up-campaigns/to-prevent-falls/) #PatientSafetyAwareness  
#UnitedForPatientSafety

Message 5: Did you know progressive mobility can decrease your chances of harm? Visit [IHAconnect.org/Resources/GetUp](https://IHAconnect.org/Resources/GetUp) for more info. #PatientSafetyAwareness  
#UnitedForPatientSafety

Message 6: More mobility = faster recovery. Learn more at [IHAconnect.org/Resources/GetUp](https://IHAconnect.org/Resources/GetUp).  
#PatientSafetyAwareness #UnitedForPatientSafety

Message 7: Falls affect everyone. Keep those you love safe from injury. Learn more at: <https://www.cdc.gov/steady/patient.html>. #PatientSafetyAwareness  
#UnitedForPatientSafety

## WAKE UP: Reducing Sedation

Message 1: Be sure to set realistic pain expectations with your health care provider. Learn more at [IHAconnect.org/Resources/WakeUp](https://IHAconnect.org/Resources/WakeUp).  
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#UnitedForPatientSafety



Patient Safety Awareness Week # SafeHoosiers

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Message 2: When you're in the hospital, talk to your health care provider about the importance of reducing unnecessary sleepiness and sedation. More info: [IHAconnect.org/Resources/WakeUp](https://IHAconnect.org/Resources/WakeUp). #PatientSafetyAwareness  
#UnitedForPatientSafety

Message 3: Effective sedation management = reduced grogginess and anxiety. Find out more at [IHAconnect.org/Resources/WakeUp](https://IHAconnect.org/Resources/WakeUp). #PatientSafetyAwareness #UnitedForPatientSafety

Message 4: Did you know managing proper sedation while in the hospital can help patients get up and moving and leave the hospital sooner? Get the facts: [IHAconnect.org/Resources/WakeUp](https://IHAconnect.org/Resources/WakeUp). #PatientSafetyAwareness #UnitedForPatientSafety

Message 5: We all want to be comfortable when we're in the hospital, but oversedation is a real danger. Find out why: [IHAconnect.org/Resources/WakeUp](https://IHAconnect.org/Resources/WakeUp). #PatientSafetyAwareness  
#UnitedForPatientSafety

Message 6: If your pain medication is making you feel unusually drowsy or groggy, let your health care provider know. Oversedation can be dangerous - and even deadly. [IHAconnect.org/Resources/WakeUp](https://IHAconnect.org/Resources/WakeUp). #PatientSafetyAwareness #UnitedForPatientSafety

Message 7: Oversedation has been linked to a number of patient harms, including delirium and falls. Learn more: [IHAconnect.org/Resources/WakeUp](https://IHAconnect.org/Resources/WakeUp). #PatientSafetyAwareness  
#UnitedForPatientSafety

## SOAP UP: Hand Hygiene Messages

Message 1: Frequent and thorough handwashing is one of the best ways to avoid getting sick. Tip: Sing “Happy Birthday” twice to know you’ve washed your hands long enough.  
#PatientSafetyAwareness  
#UnitedForPatientSafety



[Click to download image](#)

Message 2: Handwashing is the easiest way to prevent the spread of infection. Learn more about safe hand hygiene at <https://www.cdc.gov/handwashing/campaign.html>  
#PatientSafetyAwareness #UnitedForPatientSafety

Message 3: 80% of germs are transferred by touch. Visit <https://www.cdc.gov/handwashing/campaign.html> to learn about safe hand hygiene practices. #PatientSafetyAwareness #UnitedForPatientSafety

Message 4: As a patient or visitor at a hospital, you have a role in preventing the spread of germs that cause serious infections. Clean your hands often while you are a patient or visiting someone in a health care facility. #PatientSafetyAwareness #UnitedForPatientSafety

Message 5: Stay healthy by making handwashing a regular part of your cooking routine. Wash hands to prevent spreading germs to your food and your family.  
<https://go.usa.gov/xVNmA>. #PatientSafetyAwareness #UnitedForPatientSafety

Message 6: Public toilets and door handles harbor all kinds of germs. Avoid the spread of germs and use a paper towel to flush the toilet and open the door. Be sure to throw the towel away after you leave. Learn more about stopping the spread of germs at <https://www.cdc.gov/handwashing/campaign.html>. #PatientSafetyAwareness  
#UnitedForPatientSafety

Message 7: When you wash your hands, be sure to scrub all surfaces, including the back of your hands, between your fingers, and under your nails. More tips:  
<https://www.cdc.gov/handwashing/campaign.html> #PatientSafetyAwareness  
#UnitedForPatientSafety

## Resources

A variety of resources are available to support your Patient Safety Awareness Week campaign. Check out the websites below for information and tools and use the video links in your education and social media.

### Patient Safety Awareness

[www.psnnet.ahrq.gov/issue/united-patient-safety](http://www.psnnet.ahrq.gov/issue/united-patient-safety)  
[www.cdc.gov/hai/patientsafety/patient-safety.html](http://www.cdc.gov/hai/patientsafety/patient-safety.html)

### Speak Up

[www.jointcommission.org/speakup.aspx](http://www.jointcommission.org/speakup.aspx)  
Speak Up YouTube Channel: <https://www.youtube.com/playlist?list=PL96EE3EE3F1C6B859>  
[www.ihl.org/resources/Pages/Tools/Ask-Me-3-Good-Questions-for-Your-Good-Health.aspx](http://www.ihl.org/resources/Pages/Tools/Ask-Me-3-Good-Questions-for-Your-Good-Health.aspx)  
[www.youtube.com/watch?v=phk75VYszFk](http://www.youtube.com/watch?v=phk75VYszFk)

### Suicide Awareness

[suicidepreventionlifeline.org/](http://suicidepreventionlifeline.org/)  
[www.cdc.gov/violenceprevention/suicide/index.html](http://www.cdc.gov/violenceprevention/suicide/index.html)  
[www.in.gov/issp/](http://www.in.gov/issp/)  
[afsp.org/about-suicide/state-fact-sheets/#Indiana](http://afsp.org/about-suicide/state-fact-sheets/#Indiana)  
[suicidology.org/facts-and-statistics/](http://suicidology.org/facts-and-statistics/)  
[zerosuicide.sprc.org/](http://zerosuicide.sprc.org/)  
[www.sprc.org/comprehensive-approach/social-connectedness](http://www.sprc.org/comprehensive-approach/social-connectedness)  
[Asking About Suicide in Healthcare Settings](http://www.sprc.org/comprehensive-approach/social-connectedness)

### Safe Infant Sleep

[www.cdc.gov/sids/Parents-Caregivers.htm](http://www.cdc.gov/sids/Parents-Caregivers.htm)  
[www.nichd.nih.gov/sts](http://www.nichd.nih.gov/sts)  
[www.in.gov/laboroflove](http://www.in.gov/laboroflove)  
[www.in.gov/laboroflove/files/2018\\_IPQIC\\_Annual\\_Report.pdf](http://www.in.gov/laboroflove/files/2018_IPQIC_Annual_Report.pdf)  
[safetosleep.nichd.nih.gov/resources/providers/downloadable/baby\\_anatomy\\_image](http://safetosleep.nichd.nih.gov/resources/providers/downloadable/baby_anatomy_image)  
[www.cdc.gov/vitalsigns/safesleep/index.html](http://www.cdc.gov/vitalsigns/safesleep/index.html)  
[www.safesleepacademy.org/why-back-to-sleep/](http://www.safesleepacademy.org/why-back-to-sleep/)

### Tobacco

[AHRQ - U.S. PHS Clinical Practice Guideline and Recommendations](http://www.ahrq.gov/clinical-practice-guidelines-and-recommendations)  
[CDC Tips for Healthcare Providers](http://www.cdc.gov/tips)  
[Quit Now Indiana](http://www.quitnowindiana.org)  
[USCF Smoking Cessation Leadership Center](http://www.uscf.org/smoking-cessation)  
[Why Are Cigarettes So Addictive?](http://www.whyarecigarettessoaddictive.com)  
[Health Benefits of Quitting Smoking](http://www.healthbenefitsofquitting.com)  
[behindthehaze.com](http://www.behindthehaze.com)



# Indiana Patient Safety Center

of the Indiana Hospital Association

## Opioid Abuse

[www.cdc.gov/drugoverdose/index.html](http://www.cdc.gov/drugoverdose/index.html)  
[amaalliance.org/the-opioid-epidemic/](http://amaalliance.org/the-opioid-epidemic/)  
[www.in.gov/recovery/know-the-o/](http://www.in.gov/recovery/know-the-o/)  
[www.cdc.gov/drugoverdose/prescribing/clinical-tools.html](http://www.cdc.gov/drugoverdose/prescribing/clinical-tools.html)  
[www.in.gov/bitterpill/](http://www.in.gov/bitterpill/)  
[www.in.gov/isdh/files/85\\_Drug%20Overdose%20Data%20Brief\\_2019.pdf](http://www.in.gov/isdh/files/85_Drug%20Overdose%20Data%20Brief_2019.pdf)

## Human Trafficking

[humantraffickinghotline.org/sites/default/files/NationalHTHotline\\_Poster\\_English\\_0.pdf](http://humantraffickinghotline.org/sites/default/files/NationalHTHotline_Poster_English_0.pdf)  
[humantraffickinghotline.org/sites/default/files/NationalHTHotline\\_Poster\\_Bilingual.pdf](http://humantraffickinghotline.org/sites/default/files/NationalHTHotline_Poster_Bilingual.pdf)  
[www.acf.hhs.gov/otip/resource/lbs-providers](http://www.acf.hhs.gov/otip/resource/lbs-providers)  
[www.aha.org/combating-human-trafficking](http://www.aha.org/combating-human-trafficking)

## Safe Antibiotic Use

[www.cdc.gov/antibiotic-use/community/about/antibiotic-resistance-faqs.html](http://www.cdc.gov/antibiotic-use/community/about/antibiotic-resistance-faqs.html)  
[www.cdc.gov/drugresistance/index.html](http://www.cdc.gov/drugresistance/index.html)  
[www.cdc.gov/antibiotic-use/community/pdfs/aaw/AU\\_viruses-or-bacteria-Chart\\_508.pdf](http://www.cdc.gov/antibiotic-use/community/pdfs/aaw/AU_viruses-or-bacteria-Chart_508.pdf)  
[www.cdc.gov/antibiotic-use/community/about/quiz.html](http://www.cdc.gov/antibiotic-use/community/about/quiz.html)  
[www.cdc.gov/vaccines/parents/infographics/vaccine-preventable-disease-tiles.html](http://www.cdc.gov/vaccines/parents/infographics/vaccine-preventable-disease-tiles.html)  
[youtu.be/oVjMMEBjfxU](https://youtu.be/oVjMMEBjfxU)

## Sepsis

[www.survivesepsis.com](http://www.survivesepsis.com)  
[www.cdc.gov/sepsis/index.html](http://www.cdc.gov/sepsis/index.html)  
[www.sepsis.org](http://www.sepsis.org)  
[Might My Infection Be Sepsis with Dr. Lindsay Weaver](#)  
[Sepsis - It's About Time with Angelica Hale](#)

## Get Up: Progressive Mobility

[www.hret-hiin.org/engage/up-campaign.shtml](http://www.hret-hiin.org/engage/up-campaign.shtml)  
[www.cdc.gov/homeandrecreationalafety/falls](http://www.cdc.gov/homeandrecreationalafety/falls)  
[www.patientsafety.pa.gov/pst/Documents/Falls/asf\\_assessment.pdf](http://www.patientsafety.pa.gov/pst/Documents/Falls/asf_assessment.pdf)  
[www.youtube.com/watch?v=CCSwOWiR8](https://www.youtube.com/watch?v=CCSwOWiR8)

## Wake Up: Reducing Sedation

[www.hret-hiin.org/engage/up-campaign.shtml](http://www.hret-hiin.org/engage/up-campaign.shtml)  
[www.knowyourmeds.org](http://www.knowyourmeds.org)  
[https://www.youtube.com/watch?v=vGcAr9tK\\_30](https://www.youtube.com/watch?v=vGcAr9tK_30)

Soap Up: Hand Hygiene

[www.hret-hiin.org/engage/up-campaign.shtml](http://www.hret-hiin.org/engage/up-campaign.shtml)

[www.cdc.gov/handwashing/index.html](http://www.cdc.gov/handwashing/index.html)

[apic.org/Resource/TinyMceFileManager/forconsumers/IPandYouBulletinWhatsanHAI2018.pdf](http://apic.org/Resource/TinyMceFileManager/forconsumers/IPandYouBulletinWhatsanHAI2018.pdf)

[www.cdc.gov/handwashing/campaign.html](http://www.cdc.gov/handwashing/campaign.html)