WAKE UP

Appropriate sedation management keeps patients comfortable and decreases harm.

**WARN** your health care provider if you feel unusually groggy or drowsy.

**ASK** your health care provider about the importance of reducing unnecessary sleepiness and sedation.

**KNOW** your medications.

**ESTABLISH** realistic pain expectations with your health care provider.

**UNDERSTAND** the risks and signs of oversedation.

**PARTICIPATE** actively in your care.

Indiana Patient Safety Center of the Indiana Hospital Association

HRET-HIIN.org
SOAP UP

Handwashing is the single most effective way to prevent the spread of disease.

**SCRUB** your hands vigorously for at least 20 seconds.

**OBSERVE** the hand hygiene of others and ask them to clean their hands.

**ALWAYS** wash all surfaces, including the back of your hands, between your fingers and under your nails.

**PLACE** hands under running water to rinse them off.

**USE** a towel or your elbow to turn off the faucet.

**PAT** your hands dry with a clean towel or air dry them.

**Indiana Patient Safety Center**
of the Indiana Hospital Association

**HRET-HIIN.org**
GET UP

Patients who get out of bed early and often recover more quickly and return home sooner.

**GO** at your own pace.

**ESTABLISH** goals for increasing mobility each day.

**TALK** to your health care provider about the importance of staying mobile.

**USE** assistive devices if needed.

**PRIORITIZE** safety over speed.

HRET-HIIN.org
Patient safety is everyone's responsibility. As a patient, you need to take an active role in your care.

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.


Learn more at bit.ly/TJCspeakup