

WAKE UP

Appropriate sedation management keeps patients comfortable and decreases harm.

W

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

A

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

K

KNOW your medications.

E

ESTABLISH realistic pain expectations with your health care provider.

U

UNDERSTAND the risks and signs of oversedation.

P

PARTICIPATE actively in your care.



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SOAP UP

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

S

SCRUB your hands vigorously for at least 20 seconds.

O

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

A

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

P

PLACE hands under running water to rinse them off.

U

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

P

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



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GET UP

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

G

GO at your own pace.

E

ESTABLISH goals for increasing mobility each day.

T

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

U

USE assistive devices if needed.

P

PRIORITIZE safety over speed.



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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.

In March 2002, The Joint Commission launched its Speak Up™ patient safety program.

**Learn more at
bit.ly/TJCspeakup**