

# 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.

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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](http://bit.ly/TJCspeakup)