

Partners in Your Health

Western Health is committed to patient safety but we need your help. You can help by taking an active role in your health care.

You have a Responsibility to:

Speak up if things do not seem right or if you have concerns. You are the one who knows most about your health.

Ask your health care providers if you have any questions about your medications. Tell them if you do not understand and keep asking questions until you have all the information you need.

Knowing your medications is an important part of ensuring your safe care.

For more information, please contact:

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OUR VISION

The vision of Western Health is that the people of Western Newfoundland have the highest level of health and well being possible.

Medication Safety



Taking an Active Role in Your Health Care



Here are some tips to help manage your medications and ensure your safety:

- 1** Keep an up-to-date list of all medications you are taking. It is important to know what the drug is for, the dosage, and how often you take it. This should include:
 - all prescription drugs.
 - any medications that are not prescribed such as Tylenol, vitamins, and herbal products.
 - other medications such as inhalers (puffers), patches, and eye drops.
- 2** Update your medication list:
 - when any changes are made.
 - after all doctor and hospital visits.
- 3** Keep your medication list in your wallet with your MCP card.
- 4** Tell your health care providers about any allergies or reactions you have had to medications.
- 5** Always keep your medications in the bottles or containers they came in.
- 6** It is important that you tell your health care provider if you are taking medications in a different way than prescribed.
- 7** Bring all the medications you are taking with you when you go to the hospital or to a medical appointment.
- 8** Be sure you understand how you are supposed to take your medications and if there may be any side effects.
- 9** Ask for a list of all medications you are supposed to be on when you leave the hospital.
- 10** When health care providers give you medication it is important that you help them by providing information (e.g., name, date of birth) to make sure you are the right person and that you receive the right medication.

Everyone has a Role to Play

Providing safe, quality care is a priority for Western Health. We work together as a team and you are an important member of this team.

Medications

Studies have shown that when medications are not managed correctly, they can be a risk for patients.

You can help by ensuring that health providers involved in your care have all the information they need about your medications.

