4. Fall prevention

A hospital or clinic might not be familiar to you. Also, you might be taking medications that you are not used to. Most patients fall when they try to get out of bed or off an exam table without help. Please always ask for help.

If you use a cane or walker at home, please use it here. Please use your bedside call light for help getting in or out of bed. Ask your nurse or physical therapist what to wear on your feet to help keep you from falling. Your own shoes may work fine. We can also give you rubber-sole slippers.

Please tell your doctor and nurse if you are not able to see clearly. Please also tell them if you feel dizzy or weak.

We are here to help you

We want you to get better. You can help us by following these four steps. You can also ask us, any time, for a discharge planning evaluation. Please also ask any questions you might have before going home.

Our legacy is yours.

Legacy Health strives to make responsible printing and paper choices that minimize our effect on natural resources.

Have questions? It's OK to ask.



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It's OK to ask. It's your care.



"It's OK to ask" when it comes to your care.

Get better. Stay safe.

If you have questions, please ask. Patients that ask questions about their care tend to do better and stay safe. We rely on you to give us correct information. This is how you help us help you.

Here are four ways you can help with your care.

1. Patient identification

You will receive an ID bracelet when you are admitted to any of Legacy's medical centers. Please wear this bracelet until you are discharged from the hospital. Please do not take it off before then. Many people will look at your bracelet to help treat you.

2. Hand washing

The easiest way to prevent infection is to keep your hands clean. Please wash both hands completely with soap and water for at least 15 seconds. Then dry them with a clean towel. Wash your hands often every day. You can also use alcohol hand cleansers. You can find these at Legacy's hospitals and clinics.

IMPORTANT: Clean your hands after you go to the bathroom. Clean your hands before and after you eat. Clean your hands before you take medications.

Please ask your family, friends and health care team to wash their hands, too. If you do not see your doctor, nurse or other health care team member clean their hands — please ask them to.



3. Medication safety

Medication errors are the most common health care mistakes made in U.S. hospitals. You can help prevent these mistakes. Make sure we know about all medications you are taking.

Please bring a list of all your medications to the hospital or clinic. Keep the list with you at all times. Please put over-the-counter and herbal medications on the list. Please also write down any allergies you may have.

Ask why you are receiving any medications. Ask what they are. Also, ask if they can cause problems with any medications you are already taking.

We want you to be comfortable. Please let us know if you are in pain. Parents, please let us know how your child is with pain. What will help comfort your child?