

## My notes for my care

I received care for \_\_\_\_\_

from \_\_\_\_\_.

At home, I need to \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_.

The instructions for taking my medicine

\_\_\_\_\_

are \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_.

I should eat and drink \_\_\_\_\_

\_\_\_\_\_

and **not** eat and drink \_\_\_\_\_

\_\_\_\_\_.

I can resume my usual activities \_\_\_\_\_

\_\_\_\_\_.

I should contact \_\_\_\_\_

if \_\_\_\_\_.

If I have questions, I can call

**HealthLine**  
1-877-800-0002

In an emergency, I should call 911.

## Working together

The Mamawetan Churchill River Health Region staff work together with you to ensure safe health care.

For more information, contact the **Employee and Patient Safety Coordinator** at (306) 425-4821.

**If you have comments,** suggestions, or concerns, share them with us:

1) speak to the care provider

\_\_\_\_\_

2) speak with the manager

\_\_\_\_\_

3) contact the **Quality of Care Coordinator** at (306) 425-4823 or Toll-free at 1-866-431-2422  
Fax: (306) 425-3298



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**Working together in wellness -  
for safer health care.**

# Health Care Safety: Our Priority; Your Role



**Mamawetan Churchill River  
Health Region**

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## We want you to know it's okay to ask

- ◆ You are an important part of the health care team. The team may include doctors, nurses, lab staff, counsellors, physiotherapists, dietitians, and others.
- ◆ You have the right to know the names of those providing care and what their jobs are — if you're not told, it's okay to ask.
- ◆ It's okay to bring a family member or friend with you.
- ◆ If you speak Cree or Dene, ask if there is someone to interpret.
- ◆ If you don't understand what your health care provider tells you about your health or treatment — it's okay to ask.
- ◆ If you're not comfortable with a treatment plan, it's okay to ask about other options.
- ◆ Be sure you have the information you need. Be involved and informed.
- ◆ If you've already asked a question before, it's okay to ask it again.

## We need you to tell us

- ◆ You can help make sure you receive safe health care by sharing important information with your health care provider.
- ◆ Let us know how you are feeling and what symptoms you have.
- ◆ Tell us about any chronic conditions such as high blood pressure, diabetes or allergies, or if there is a family history of these.
- ◆ If you are under the care of another doctor or health professional, please let us know.
- ◆ Bring an up to date list of all your prescriptions and over-the-counter medications, as well as herbal supplements and vitamins.
- ◆ Let us know if you have had any allergic reactions in the past and what the symptoms were.



## Preventing Infection

- ◆ Wash your hands with soap and water frequently to prevent infection.
- ◆ It's okay to ask your health care providers if they have cleaned their hands.
- ◆ Ask family and friends not to visit you if they feel sick.

## Falls Prevention

- ◆ Let us know if you feel unsteady on your feet, or have had a fall.
- ◆ It's okay to ask for information, and about equipment available, to decrease your risk of falling.

## Medication Safety

- ◆ Be sure you know **what** medication you are to take, **when** to take it, and **how** to take it.
- ◆ Know the possible side effects of the medications you are taking, and when to contact your health care provider.