Making your stay safe at Sunshine Coast Hospital and Health Service

Follow these simple steps to keep yourself safe during your stay in hospital

1. Preventing falls
   - Wear the orange hospital socks, laced up or snug fitting shoes or slippers with rubber soles.
   - Use your usual walking aids.
   - If you need any help, tell us.

2. Preventing blood clots
   - Wear your hospital stockings if advised and move as often as you can.
   - Try to do simple leg and ankle exercises.
   - Drink fluids as recommended.

3. Preventing infection
   - Wash your hands before and after visiting the toilet and before all meals.
   - Don’t hesitate to ask our staff if they have washed their hands before any contact with you.
   - Tell us if you have diarrhoea or vomiting.

4. Your medicines
   - Tell us if you have an allergy, or if you do not understand what your medication is for.
   - Talk to your doctor, nurse or pharmacist about any concerns you may have.
   - Ask about possible side effects.

View the ‘making your stay safe’ video on channel 104 on the hospital televisions (free), or scan this code to watch on your smartphone.
5. **Pressure ulcers**

- If you can, try to keep mobile even in bed and call us if you are uncomfortable.
- We are very happy to help you change position and can provide a special mattress or cushion for support.

6. **Identification**

- Please tell us if any of your personal information is wrong (name, address, date of birth).
- Tell us if you have any allergies and we will give you a red ID band.

7. **Any concerns**

- We are here to help you. Talk to us if you have any worries or concerns about your treatment or about what will happen to you when you leave hospital.

8. **Leaving hospital**

When you are leaving hospital, make sure you:
- Have your discharge letter.
- Have your medicines and they are explained to you.
- Know who to contact if you have any questions or concerns.
- Know when your next appointment is.

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**Get involved**

We encourage patients to get involved in your health service, provide your input and suggestions to our consumer engagement team: sc-engagement@health.qld.gov.au

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This patient information brochure supports a number of the National Safety and Quality Health Service Standards (NSQHS) including:

- **Standard 1** Governance for safety and quality in health organisations
- **Standard 2** Partnering with consumers
- **Standard 3** Preventing and controlling associated infections
- **Standard 4** Medication safety
- **Standard 5** Patient identification and procedure matching
- **Standard 6** Clinical handover
- **Standard 8** Preventing and managing pressure injuries
- **Standard 10** Preventing falls and harm from falls
- **Standard 11** Service delivery
- **Standard 12** Provision of care

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Web: health.gov.au/sunshinecoast
Find us on Facebook: Sunshine Coast Hospital and Health Service

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