

## Manage Your Personal Safety

If you find yourself in an unsafe situation:

- Alert any staff as soon as possible.
- Call immediately for any staff or security if someone approaches you in a manner you are uncomfortable with.
- Do not hesitate to inform the care team if you are distressed by your symptoms.
- Secure your personal effects, in your locker.
- When on grounds, if feeling unsafe, you may use the phones that will link you directly to security. These phones are easily identified by their blue lights.
- Make sure you are clear about discharge instructions including medications, your treatment plan you need and/or information about any follow-up visits.

If you have any questions, please do not hesitate to ask. The following staff would be pleased to offer assistance:

- Your care team
- Your nurse
- Your unit manager

## Thank You

A meaningful way to express your thanks for your care is to make a donation to the North Bay Regional Health Centre Foundation. (705)495-8125, [www.nbdh.on.ca](http://www.nbdh.on.ca) or in person, NBRHC- Pod A2

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# PATIENT SAFETY

it is in your hands

disponible en français



All staff, volunteers and board members at the North Bay Regional Health Centre (NBRHC) are dedicated to the health of all patients. An important part of that mission is to optimize your safety.

We invite you to be involved in this process

[Here is how to make your stay a safe and positive experience at NBRHC](#)

### **Become an Active Participant In Your Care**

- Wear your ID bracelet (s) at all times. If your bracelet comes off, ask someone to get you a new one.
- Make sure all staff check your ID bracelet before a procedure or test.
- Discuss your treatment plan with the care team.
- Ask questions. Question anything that seems unusual or different from what you were told.
- If you are hard of hearing or hearing impaired, or if English is not your primary language, ask for an interpreter to assist you with communication.

### **Help Prevent the Spread of Germs**

- Always wash your hands with soap or hand sanitizers located outside of every patient care room. This is the easiest and quickest way to remove germs!
- Please ask our health care providers about hand hygiene.
- All patients are strongly encouraged to receive the influenza vaccination to stay healthy. Please ask your health care provider.

### **Learn About Your Medications**

- Educate yourself about your medications. Note their appearance and their side-effects.
- If you do not recognize a medicine, verify that it is for you.
- Tell our staff if you are allergic to food, latex or drugs.
- Inform the care team about any prescription, over-the-counter drugs, vitamins and/or medications that you were taking at home.



### **Prevent Falls**

NBRHC has a “Falls Program” specific to patient needs

- Wear your falls ID bracelet if identified as a high risk.
- Get up slowly after eating, sitting or laying down.
- Wear proper foot wear on the unit. No bare feet, please.
- Tell your care team if you have any dizziness or blurred vision.
- Use the wall-mounted grab bars beside the toilet or the bathtub/shower.
- Inform staff of any spills or foreign objects on the floor.
- Keep all personal items within your reach.
- Wear weather-appropriate footwear when going out.
- Make sure the nurse call bell works and you know how to use it.
- If you require assistive devices and/or equipment please ensure that you follow any instructions provided. For example, apply brakes when you are getting into or out of a wheelchair.

### **Keep Safe From Fire**

- Smoking on hospital property is not permitted. (By-Law No. 2011-106)
- If you need to smoke, please do so in designated off hospital grounds smoking area.
- Speak to your care team about alternatives, such as nicotine replacement therapy.
- If there is a fire, respond to staff instructions for evacuation.