Patients are urged to

Speak UP

To prevent health care errors, patients are urged to...

Help Prevent Errors in Your Care

The Joint Commission is the largest health care accrediting body in the United States that promotes quality and safety.

Helping health care organizations help patients

(575) 538-4000

Everyone has a role in making health care safe. That includes doctors, health care executives, nurses and many health care technicians. Health care organizations all across the country are working to make health care safe. As a patient, you can make your care safer by being an active, involved and informed member of your health care team.

An Institute of Medicine report says that medical mistakes are a serious problem in the health care system. The IOM says that public awareness of the problem is an important step in making things better.

The “Speak Up™” program is sponsored by The Joint Commission. They agree that patients should be involved in their own health care. These efforts to increase patient awareness and involvement are also supported by the Centers for Medicare & Medicaid Services.

This program gives simple advice on how you can help make health care a good experience. Research shows that patients who take part in decisions about their own health care are more likely to get better faster. To help prevent health care mistakes, patients are urged to “Speak Up.”
Your health is very important. Do not worry about being embarrassed if you do not understand something that your doctor, nurse or other health care professional tells you. If you do not understand because you speak another language, ask for someone who speaks your language. You have the right to get free help from someone who speaks your language.

- Do not be afraid to talk about safety. If you are having surgery, ask the doctor to mark the area that is to be operated on.
- Do not be afraid to tell the nurse or the doctor if you think you are about to get the wrong medicine.
- Do not be afraid to tell a health care professional if you think he or she has confused you with another patient.

Your advocate can ask questions that you may not think about when you are stressed. Your advocate can also help remember answers to questions you have asked or write down information being discussed.

- Ask this person to stay with you, even overnight, when you are hospitalized. You may be able to rest better. Your advocate can help make sure you get the correct medicines and treatments.
- Your advocate should be someone who can communicate well and work cooperatively with the medical staff and your care.
- Make sure the person understands the kind of care you want and respects your decisions.

- Ask your health care proxy decision-maker is, a proxy is a person you choose to sign a legal document so he or she can make decisions about your health care when you are unable to make your own decisions. Your advocate should also be your proxy under these circumstances. They should know this ahead of time.
- Ask your advocate for consent with your advocate and health care proxy. If your proxy is available, before you sign them. Make sure you all understand exactly what you are about to agree to.

- Ask your advocate understands the type of care you will need when you get home. Your advocate should know what to look for if your condition is getting worse. He or she should also know who to call for help.

Ask a trusted family member or friend to be your advocate (advisor or supporter).

What medicines you take and why you take them.

- Medication errors are the most common health care mistakes.
- Ask about why you should take the medicine. Ask for written information about it, including its brand and generic names. Also ask about the side effects of all medicines.
- If you do not recognize a medicine, double-check that it is for you. Ask about medicines that you are to take by mouth before you swallow them. Read the contents of the bags of intravenous (IV) fluids. If you are not well enough to do this, ask your advocate to do it.
- If you are given an IV, ask the nurse how long it should take for the liquid to run out. Tell the nurse if it does not seem to be dripping right (too fast or too slow).
- Whenever you get a new medicine, tell your doctors and nurses about allergies you have or negative reactions you have had to other medicines.
- If you are taking a lot of medicines, be sure to ask your doctor or pharmacist if it is safe to take those medicines together. Do the same thing with vitamins, herbs and over-the-counter drugs.

- Make sure you can read the handwriting on prescriptions written by your doctor. If you cannot read it, the pharmacist may not be able to either. Ask somebody at the doctor’s office to print the prescription, if necessary.

- Carry an up-to-date list of the medicines you are taking in your purse or wallet. Write down how much you take and when you take it. Go over the list with your doctor and other caregivers

See a hospital, clinic, surgery center, or other type of health care organization that has been carefully checked out.

- For example, The Joint Commission, an independent, non-profit organization accredited by the American Hospital Association, to make your hospital or other health care organization is accredited. Accredited means that the hospital or health care organization works by rules that make sure that patient safety and quality standards are followed.

Participate in all decisions about your treatment.

- You and your doctor should agree on exactly what will be done during each step of your care.
- Know who will be taking care of you. Know how long the nurse or other staff will stay.

- Understand that more tests or medications may not always be better for you. Ask your doctor how a new test or medication will help.

- Keep copies of your medical records from previous hospital stays and share them with your health care team. This will help you manage your health.

- Do not be afraid to ask for a second opinion. If you are unsure about the best treatment for your illness, talk with one or two additional doctors. The more information you have about all the kinds of treatment available to you, the better you will feel about the decisions made.

- Ask your doctor to recommend a support group you can join to help deal with your condition. People in these groups may help you prepare for the days and weeks ahead. They may be able to tell you what to expect and what worked best for them.

- Talk to your doctor and your family about your wishes regarding resuscitation and other life saving actions.

The goal of the Speak Up™ program is to help patients and their advocates become more informed and involved in their health care.