

***Remember to:***

**Ask.**

**Talk.**

**Listen.**



**Health PEI**

**Ask. Talk. Listen.**



**You *Can* Participate  
in Your Care**

**Acute and Community Care Providers**

## 10 Ways You Can Participate in Your Health Care

Your health care team is committed to providing safe and excellent care. Your team may include doctors, nurses, counselors, diagnostic staff, and others. We encourage you to be involved in your own care.

Think about how you would like to be involved in your health care. Feel free to ask a family member or friend to help you. Let your health care team know if you have a family member or friend helping you.

1. **Ask** questions about your health care and ask again if you don't understand the answers. Communicating with you is part of your health care provider's role. **Write down questions and answers.**
2. **Ask** the names of the medications you are taking and what they are for.

The most common medical errors involve medication. Use this medication safety checklist. **Write down the answers.**

- **What medications am I taking?**  
(Also include vitamins, over the counter medications and herbal medicines.)
- **How much am I taking and how often?**
- **Are there any side effects?**
- **Does my medication interact with foods or other medications?**



3. **Tell** your health care provider about your medications and any allergies you may have including allergies to medications.
4. **Tell** your health care provider if you think you are about to receive the wrong medication or treatment.

You may recognize your medications by their name, shape, and colour. If a medication doesn't look familiar, ask your health care provider before taking it. If you are not familiar with a certain treatment or test, ask what it is for and be sure it is for you.

5. **Talk** to your pharmacist.  
Your pharmacist is a good source of information about your medication. It is best to use the same pharmacy so your pharmacist gets to know you.
6. **Tell** your health care provider if you think they have you confused with someone else. If you get called by the wrong name or if what they are saying doesn't sound familiar, tell them.
7. **Tell** your health care provider if something doesn't seem right. You know better than anyone else if something seems odd, new, or different. Instead of worrying about it, ask questions.
8. **Tell** your health care provider if someone is helping you make health care decisions. Introduce this person to your health care team and explain how he or she is helping you.
9. **Ask** your health care provider before the end of your appointment about any follow-up care. Use this follow-up safety checklist:

**Are there any medications I need to take and how often?**  
**Are there other appointments I have or do I need to make them?**  
**Are there any symptoms I should look for?**

10. **Ask** your health care provider to wash his/her hands and you should do the same when you enter or leave any health care centre.