

Other recommendations



- Eat properly -

It's very important to eat properly for a good recovery.

Only eat the meals provided and check before eating any other food. Drink the recommended fluids.

Alert us: If you have any food allergy or intolerance.
If you choke easily or find it difficult to swallow.
If you hardly eat any of the food served.
If you think that you're losing weight.



- Assistive devices -

If you normally use items such as glasses, hearing aids, dentures, crutches, walking sticks or other items, then you can continue to do so at the hospital.



However, if during admission you are told not to use them, then keep them in a safe place.

- Walk around -



A leisurely walk is a beneficial physical activity. If you haven't been advised to rest, then take short walks, with proper footwear and clothing. And remember that you need permission to go outside your ward.

- Rest -

Help maintain a restful, quiet environment. As this will help you and your fellow patients to get well.

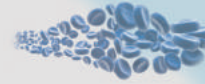


Simple measures, with good results

Patient identification



Prevent blood clots



Medication



Identify changes early on



Prevent infection



Eat properly



Prevent falls



Walk around



Prevent pressure ulcers



Get lots of rest



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Servicio Navarro de Salud
Osasunbidea

Get actively involved in your stay

Working with you to improve healthcare quality



- Be active in your Identification -

Wear your ID wristband at all times.



Alert us: If a detail is incorrect.
If the band is damaged.

Wear your ID band at all times.
You'll need to show it:

- Before being given medication.
- Before having tests.
- And whenever we need to check your identity.

- Prevent medication errors -

Ask any questions you may have about your medication.

It's important that you tell us if:
You are allergic to any medication.
If you have had any side effects with a specific medication.

The medication that you normally take.
If you take over-the-counter medication.
If you take a dietary supplement or herbal product.



During your stay: only take the medication ordered by the hospital.

- Help us to prevent infection -

Wash your hands with soap and water:



After using the bathroom.
Before each meal.

When going in or out of the room, cleanse your hands with the disinfectant product available in the room. Your visitors must also do so.

- Tips to prevent falls -

Wear non-slip, comfortable footwear, preferably with a closed toe.
Switch the light on before moving about.

Call us! Don't get up if you're by yourself!
Keep your room tidy and clutter-free.

Keep your bed as low as possible and the brake on.
If you're in bed, sit on the edge for a moment, before getting up.

If you feel dizzy or weak, don't get up without help.
Call us to accompany you.

- Help us to prevent pressure ulcers -

Lying in the same position for a long time can lead to skin ulcers or sores.

Alert us:

- If you feel uncomfortable.
- If the bedclothes are damp.
- If you need to change the liners or pads.
- If you notice any red areas of skin.



Allow us to regularly change your position so as to prevent these ulcers.

- Prevent blood clots -

Do gentle exercises with your legs.



When you're in bed or sitting on a chair, frequently move your ankles and bend and flex your legs, unless you've been told not to do so.

If you're given compression stockings, then follow any recommendations made.



- Early identification of changes -

Your collaboration is essential in detecting any new symptoms at an early stage. So, should you feel pain or note any change in your condition, please let us know.

We would strongly recommend that you ask us about any health concerns you may have: medication, diet, rest, exercise, recommendations to prevent problems, hospital discharge, etc.



During the hospital discharge, read the report that you'll be given and raise any doubts you may have: medication, treatments, check-up appointments, queries, etc.

Follow these recommendations to actively collaborate in your recovery.
Many thanks for your collaboration!