

TakeCHARGE

5 Steps to Safer Health Care

A five-month campaign to last forever

Are you a well-prepared patient?

What makes someone a well-prepared patient?

About Pulse Center for Patient Safety Education & Advocacy

- Founded in 1996
- Supports people who had unplanned or negative outcomes because of their medical care.
- What do you know about your doctor?
- NY State Physician Profiles www.NYDoctorProfile.com
- Medical conferences we learned – we are all at risk!

The Campaign

- 250,000 to 400,000 people die each year from medical errors.
- **1.7 million** infections and **99,000** associated deaths each year
- Approximately one in 25 U.S. patients has at least one infection contracted during the course of their hospital care.
- Adults 65 years or older: more than 177,000 emergency visits each year due to adverse drug events

The TakeCHARGE Campaign is:

- People-focused
- Grassroots
- For everybody
- To make people better-prepared patients

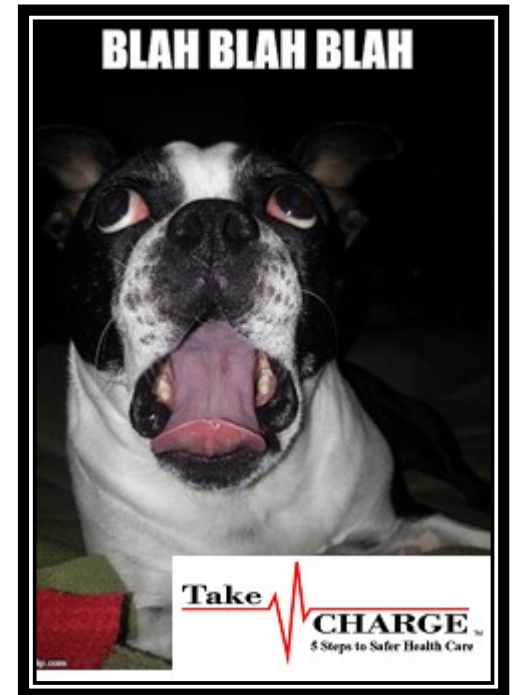


Why a “Campaign”?

Researchers say:

- Bring a support person to the doctor or hospital
- List your medications
- Tell your caregiver to wash their hands

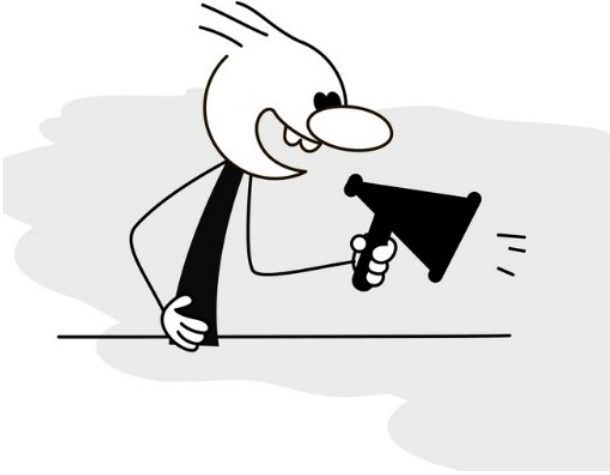
***It can all be so confusing!!
So we may do nothing instead!!***



Why Now?

- People can learn to be well prepared as patients
 - Fewer mistakes
 - Patients and families take responsibility
 - Combines important steps into one campaign





TakeCHARGE!!!!!!!

5 Steps to Safer Health Care

The Campaign

5 Steps to Safer Health Care

1 - Understand & complete your advance directives

Designating a Health Care Proxy/Agent or Surrogate Decision-maker

- Anyone over 18 years old
- One person assigned – Tell others (with a back up)
- You can change your mind
 - Pain medication
 - Experimental treatment
 - Blood transfusion
 - Feeding tubes



The Campaign

5 Steps to Safer Health Care

2 - Keep a record of your medical history & current medications

- More than 100,000 U.S. incident reports each year associated with a suspected medication error.
- Every minute of every day, three Americans call a poison control center because they've made a major mistake with their medication.
 - Side effects/interactions from medication
 - Accuracy of records
 - In an emergency
 - Time wasted

Past surgeries and tests : Did you get results? Did you follow up?

The Campaign

5 Steps to Safer Health Care

3 - Prepare for doctor/medical visits / Make a list of questions

- Do you want your flu shot?
- Have you felt tired lately?
- Test results
- New medications
- New doctors
- List your symptoms in detail (when, why, where)



The Doorknob Question

The Campaign

5 Steps to Safer Health Care

If you ask, I ask, we all ask!

4 - Ask caregivers to wash their hands to help reduce infections

Respectful but Assertive

Respect and Trust



The Campaign

5 Steps to Patient Empowerment

#5 - Use an advocate or support person / support or help advocate for others

A helper to:

- ask questions
- take notes
- organize care
- organize friends and family support to: cook, visit, shop (fundraise)

Choose early – Know what you want

Types of Advocates

A paid professional
A medical professional
A friend or family member

The Campaign

5 Steps to Safer Healthcare

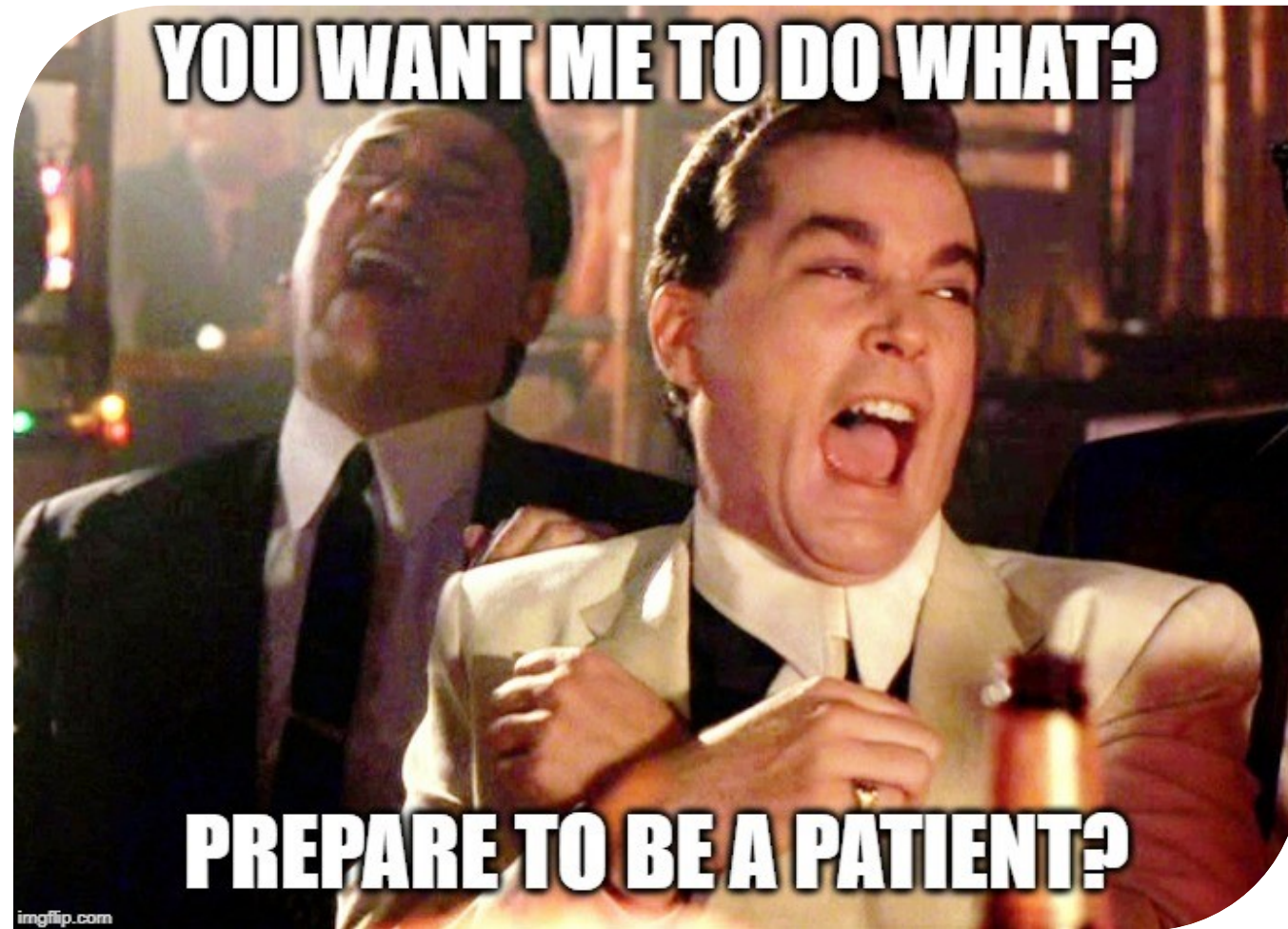
1. Understand & complete your advance directives
2. Keep a record of your medical history & current medications
3. Prepare for doctor/medical visits / Make a list of questions
4. Ask caregivers to wash their hands to help reduce infections
5. Use an advocate or support person / support or help advocate for others

PREPARE!!!!!!

- We don't teach CPR while someone is having a heart attack
- We buckle up before the car crashes



SO WHY DO WE TEACH PEOPLE TO BE PATIENTS AFTER THEY ARE SICK OR INJURED?



YES!!!

The logo for PULSE features the word "PULSE" in a bold, black, sans-serif font. The letter "U" is stylized with a jagged, pulse-like top edge that extends above the rest of the letters.

Center for Patient Safety
Education & Advocacy

www.pulsecenterforpatientsafety.org

The logo for Take CHARGE features the word "Take" in a black serif font, followed by a red ECG line that forms a sharp peak. To the right of the ECG line is the word "CHARGE" in a bold, black, sans-serif font. Below "CHARGE" is the tagline "5 Steps to Safer Health Care" and the website address "www.TakeCHARGE.care".

Take **CHARGE**™
5 Steps to Safer Health Care
www.TakeCHARGE.care

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**TakeCHARGE is a team effort sponsored by
Pulse Center for Patient Safety Education & Advocacy**



www.takecharge.care/learnmore.html

- 1. (April) Understand & Complete Your Advance Directives**
 - 2. (May) Keep a Record of Your Medical History & Current Medications**
 - 3. (June) Prepare for Doctor Visits / Make A List of Questions**
 - 4. (July) Prevent Infections / Ask Caregivers to Wash Their Hands**
 - 5. (August) Use an Advocate / Be an Advocate for Others**
- All Year and Forever!**