

Making your stay with us safe

Information for patients



Outstanding
Care for One+All

8 simple steps to keep yourself safe during your stay in hospital.

1 Preventing falls

- Tell us if you have previously fallen or if you are fearful of falling.
- Wear well fitted shoes or non-slip slippers. If you do not have these with you, please wear the non-slip socks provided.
- If you need assistance, please use your call bell to ask for help.
- Our goal is to keep you safe. Help us, to help you.



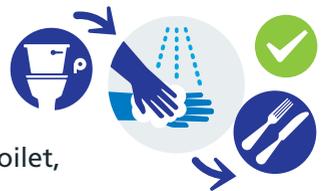
2 Preventing blood clots

- Wear your hospital stockings if advised and move as often as you can.
- Try to do simple leg and ankle exercises.
- Drink fluids as recommended.
- Take blood-thinning tablets or injections as advised.



3 Preventing infection

- Clean your hands before and after visiting the toilet, and before all meals.
- Don't hesitate to ask our staff if they have washed their hands.
- Tell us if you experience any diarrhoea or vomiting.
- If you have a device that enters your body, please do not touch this unless you have been advised how to do so. If the area around this becomes red, hot, swollen or painful, please tell your nurse or doctor.
- Please ask visitors not to come if they are unwell.





Your medicines

- Tell us if you have an allergy, or if you do not understand what your medicines are for.
- Talk to your doctor, nurse or pharmacist about any concerns you may have.



Pressure ulcers

- If you are at risk of developing pressure ulcers, we will need to help you change your position regularly.
- We will also provide a special mattress, cushion and heel boots when required to help prevent your skin breaking down.



Identification

- Tell us if any of your personal information is wrong (ID band, address, GP, next of kin).
- Tell us if you have any allergies.



7



Any concerns

- We are here to help you. Please talk to us if you have any worries or concerns about your treatment, or about what will happen when you leave hospital.



8



Leaving hospital

Before you leave, make sure you:

- have your discharge letter.
- have your medicines and understand why you need them and how to take them.
- know who to contact if you have any questions or concerns.
- know when your next appointment is.



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Reference RCHT3077
Printed 02/2025
Version 2.0
Review due 02/2028

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