

# Keeping yourself safe during your stay in hospital

## Preventing Infections

Wash your hands regularly especially before eating and after going to the toilet. Please ask nursing staff for help if you can not do this yourself.

Feel free to ask members of staff if they have washed their hands or used sanitiser before contact with you.

Washing your hands is more effective against some germs than alcohol hand rub.

Try and keep your belongings to a minimum so it is easy to keep your bed-space clean.



## Preventing Falls

Please tell us if you have fallen before.

Always wear well-fitting slippers or shoes when walking. Please ask if you need some slipper socks.

Use your walking aid if you have one.

Use your call bell for help or assistance. If this is not within reach please ask a member of staff to bring it nearer.



## Preventing Pressure Ulcers

Please tell us if you have had a pressure ulcer or pressure damage before.

Change position regularly.

Keep skin clean and dry.

Let us know if you have changes in sensation or feeling (i.e. discomfort, numbness or pain) in areas such as your bottom, heels, thighs and elbows.



## Preventing Blood Clots

Wear your anti-embolism stockings or other devices you are given.

Move around as much as you can.

Take any medication you have been prescribed.

Drink plenty of fluid to stay hydrated.

Try to do simple leg and ankle exercises. Please ask if you need advice on how to do this.



Please read the [Patient and Visitor Information File](#) located at the end of your bed for more information.  
Please ask if you need any help to find or read this.

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## Food and Drink

Eating and drinking well during your hospital stay could help your recovery.

Please tell us if you have had any unplanned weight loss, are having any problems eating and drinking or if you have any special dietary requirements.

Eating and drinking well can reduce your risk of infection, falling or getting a pressure ulcer.



## Your Medicines

Bringing your medicines into hospital means they are there when you need them. Then Doctors, Nurses and Pharmacy staff can see what you are taking.

Need information or advice about your medicines? Call the [Medicines Information Centre](#) on **0113 206 4376**



## Any Concerns

We are here to help so please talk to a member of staff if you are worried or concerned about anything.

It is likely that your concern can be solved straight away, if not we can help you to decide what to do next.

If the nurse looking after you cannot help please ask to *Speak to Sister* or *Get a message to Matron*.



## Friends & Family Test

We want to make sure you have the best possible experience at Leeds Teaching Hospitals.

The Friends and Family Test is a way of gathering opinions about your experience during your stay in hospital.

Please complete the two simple questions sent to you via text message or on paper.



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Please ask if you need any help to find or read this.