



March 9, 2010

MEDIA CONTACT:
Jocelyn Collado or
Marichris Diga
Becker Communications, Inc.
(808)-533-4165

FOR IMMEDIATE RELEASE

**HAWAII MEDICAL CENTER PROVIDES TIPS FOR PATIENT SAFETY
AWARENESS WEEK, MARCH 7-13**

HONOLULU – In recognition of Patient Safety Awareness Week (March 7-13), Hawaii Medical Center offers the following tips and information on how to play an active role in your own healthcare. From preventing infection to getting the right diagnosis to being a ‘good visitor’, Hawaii Medical Center offers the following advice:

Everyone can do simple things to help prevent infection, including:

At home

- Washing your hands frequently and for at least 15 seconds each time
- Covering your mouth and nose with a tissue or your sleeve if you cough or sneeze
- Taking care of cuts, scratches and wounds
- Getting all recommended vaccines
- Using antibiotics exactly as prescribed, meaning no leftovers

In the community

- Avoiding close contact with others when sick
- Practicing good hygiene at the gym, including cleaning exercise equipment before and after use

In the hospital

- Washing hands frequently and for at least 15 seconds each time
- Asking lots of questions so that you understand what is going on

If you are beginning to feel ill, Hawaii Medical Center wants to make sure you are receiving the right diagnosis from your doctor or nurse. The National Patient Safety Foundation provides a checklist for getting the right diagnosis:

1. Tell your story well

- Be clear
- Be complete
- Be accurate

2. Be a good historian

- Remember what treatments you have tried in the past and if they helped
- Think about how your illness has progressed over time
- Think about your family's medical history and if you may be at risk to get the same illness

3. Be a good record keeper

- Keep your own records of test results, referrals, and hospital admissions
- Keep an accurate list of your medications and bring it with you when you see your doctor, nurse or pharmacist

4. Be an informed consumer

- Learn about your illness by researching online or your local library
- Learn about the tests or procedures you are having done
- Learn about your medications:
 - Know the name of your medication (both generic and brand name)
 - What the medication is for
 - Know the amount (dose) you need to take
 - Know the time you need to take it during the day
 - Know the side effects to watch for and report to your doctor
 - Know if the medication interacts with any foods or drugs

5. Take charge of managing your health

- When meeting with your doctor or nurse, ask these three questions:
 1. What is my main problem?
 2. What do I need to do?
 3. Why is it important for me to do this?
- If you have more than one doctor, make sure each doctor knows what the others have planned
- Make sure each doctor knows all of your test results, medications, or other treatments
- Be informed and involved in decisions about your health
- If you are in pain or uncomfortable, say so

6. Know your test results

- Make sure both you and your doctor get the results
- Don't assume that no news is good news, call and check on your test results
- Ask what the test results mean and what needs to be done next

7. Follow up

- Ask when you need to make another appointment with your doctor or nurse once you start treatment
- Ask what to expect from the treatment or what it will do for you
- Ask what you need to do if you get new symptoms, or start to feel worse

Finally, Hawaii Medical Center shares tips on how to be a good visitor:

- Sanitize hands before and after visiting
- Stay home if you are sick
- Check first before bringing food, sending flowers or bringing the children
- Check special precautions with the nurse

About Hawaii Medical Center LLC

Hawaii Medical Center LLC is a partnership of CHA LLC, a leading U.S. hospital management company, and the over 130 Hawaii-based physicians who form Hawaii Physician Group LLC. It is Hawaii's only physician-owner hospital and the state's only for-profit hospital. Hawaii Medical Center is a full-service, acute and tertiary-care hospital system on Oahu with two campuses – Hawaii Medical Center East and Hawaii Medical Center West.

###