



Safe Health Tips



My Health, My Responsibility

Small Steps. Safer Care. Better Outcomes.

Why Patient Safety Matters

Protecting from medical harm whether at home, in clinics or in hospitals.



The Hidden Crisis of Medical Harm



1 in 10

Patients suffer harm during hospitalization (IPD) and 4 in 10 in out patient (OPD) & clinics



50%

Errors are Medication related



220 million

Indians have high Blood Pressure and large number have Diabetes, Obesity, younger population is at high risk

*Source: WHO

Awareness is your first protection.

What is Medical Harm?

“Medical harm is any unintentional injury or complication caused by healthcare providers, not by the disease itself.”

How Patient Safety gets Compromised



At Hospital

- Missed or delayed diagnosis
- Communication gaps
- Medication errors
- Infections, Falls



At Home

- Ignoring symptoms
- Unsafe, self-treatment
- Unprepared for emergencies
- Lack of follow-up

Harm is preventable- Be Alert. Ask questions.

How Patients can Stay Safe

Your Role as a Patient:



**Provide Self & Family
Medical History**



**Communicate
honestly with Doctor**



**Maintain Medical
Records in order**



**Clarify Doubts , Seek
Second Opinion**



**Undergo Prescribed
Diagnostic Tests**



**Verify your
Information**



**Avoid Self-detection/
Self-treatment**



**Beware of Non-
qualified Doctors**

Your Awareness Ensures Safer, Accurate Diagnosis!

How Patients can Stay Safe

Role of family & caregivers

Communication & co-ordination in follow-ups, medical tests, advocate for the patient



Administering medication ensures correct use and monitors treatment progress.



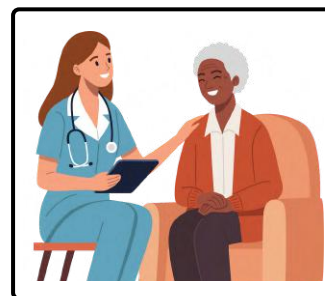
Helping with personal care supports hygiene, mobility, diet, and daily routines.



Offering emotional support makes patients feel valued, safe, understood, and reassured.



Monitoring symptoms tracks health changes, reports issues, and aids recovery.



Together in Care, Stronger in Recovery!

How Healthcare Providers Can Engage with Patients

Communication:

Healthcare providers should clearly communicate with patients



Education:

Educate them about their health conditions and options



Shared decision-making:

Involve them in treatment decision making



Patient Portals:

To access their health information and stay updated



Support for Self-Management:

Provide them with support for post care



Engaging with Patients Builds Trust & Safer Care!

Why Medication Errors Happen

Problems begin when:



Medicines are prescribed incorrectly
such as wrong medication, dosage,
wrong, illegible prescriptions



Medicines are dispensed wrongly
including change in brand, salt, or dose
by the chemist/doctor



Monitoring and follow-up are missed
unreported side effects, or incomplete
treatment



Multiple medicines interact
where two or more drugs react with each
other and cause unexpected or harmful effect



Medicines are taken in excess or too little
used for longer than advised, or
stopped earlier than recommended



Medicines are used incorrectly
including wrong timing, method of intake,
sharing with others or self medication

Notice Any Error? Report to Your Doctor Immediately!

Heart Attack: Act Early

Anyone can have a **Heart Attack**. Delay could lead to serious consequences. Beware of diabetes, high blood pressure, high cholesterol and obesity.

Symptoms to Watch Out



Pain in chest, neck,
jaw, shoulder



Left arm pain



Shortness of breath
or rapid heartbeat



Fatigue



Nausea or
lightheaded



Cold sweat

How to Respond

- Alert someone nearby immediately
- Stay calm, do not panic, lie down & loosen clothes
- Swallow aspirin if not allergic to it
- Do not wait to see if symptoms go away
- Call Cardiac Ambulance & explain the symptoms
- Do not drive yourself

Often a heart issue is mistaken for heartburn or gastric issue.

Stroke: When Every Minute Counts

Symptoms



Sudden numbness on one side of the face, arm or leg



Problems seeing in one or both eyes



Confusion or trouble speaking

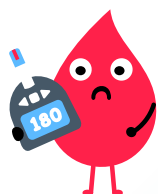


Trouble walking

Who is at risk



- Being overweight or obese



- Diabetes, high blood pressure, high cholesterol



- Physical inactivity.
Smoking



- Older age and family history

What to do

- Alert someone nearby immediately & call for help
- Stay where you are to avoid falls. Sit or lie down
- Do not eat, drink, or take medicine
- Call an advanced life support ambulance
- Note the time when symptoms first appear
- If ambulance is delayed, drive the patient to the hospital
- Alert the emergency department in advance

There is no home treatment for strokes. ACT FAST

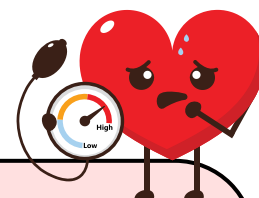
High Blood Pressure: The Silent Killer Behind Heart Attacks & Strokes

1 in 4 people worldwide is affected, younger adults are also at high risk. It often has **no symptoms**, which is why it is called a **“Silent Killer.”**



Symptoms:

- Chest pain or trouble breathing
- Irregular heartbeat
- Nausea or nosebleeds
- Blurred vision or ringing in the ears
- Severe headache or feeling dizzy
- Restlessness, anxiety or confusion



Dangers:

- Heart attack and stroke
- Heart failure
- Kidney damage
- Vision problems or blindness
- Brain bleeding (haemorrhage)
- Sexual health issues and complications during pregnancy

Prevention and Management:

- **Check** your blood pressure regularly
- **Reduce** salt in your diet & **maintain** a healthy weight
- **Walk** or do light exercise, **Eat** a balanced and fresh diet
- **Reduce** stress, **Avoid** smoking and alcohol
- **Take** medicines only as advised, follow-ups regularly



Hidden Women's Health Risks

Adolescence (Teenage years)

- Irregular periods
- PCOS
- Eating disorders
- Mental health



Reproductive Years (20s-40s)

- Fertility concerns/
pregnancy complications
- Cervical & breast cancer risks
- Stress & mental health issues



Midlife & Menopause (Mid-40s to 60s)

- Hormonal changes.
- Osteoporosis
- Cardiovascular disease
- Weight gain & metabolic changes



Older Adulthood (60+ years)

- Osteoporosis & fracture risk
- UTI
- Cardiovascular disease, cognitive decline, dementia/
Alzheimer's
- Mental health



Schedule Regular Check-Ups, Screenings & Vaccinations

Common Cancer in Men

Prostate cancer is one of the most common cancers among men. The risk increases significantly after **age 50**, with most cases occurring in older men.

Symptoms

- Increased **frequency** or urgency of urination, especially at night
- **Weak or incomplete** urine stream
- Pain during **ejaculation**, blood in urine or semen
- **Pain** in the back, hips or chest
- Unexplained **weight loss** and persistent **fatigue**
- **Weakness** in the legs or feet

Who is at risk?

- **Family history**
- Exposure to toxins, pesticides or **chemicals**
- Chronic **infections** or prostatitis
- Smoking, obesity and possible link to **STIs**



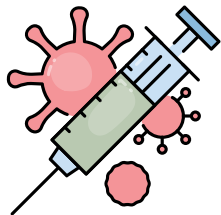
Preventive Measures



- **Maintain** a healthy weight with balanced nutrition and **exercise**
- Limit **red meat**, Avoid **smoking** & **limit alcohol** intake
- Protect against infections like **STIs** and prostatitis
- Regular **PSA screenings** for men over 50 or with a family history

Preventing Infections

Small Habits, Big Protection



Get vaccinated as recommended



Practice hand hygiene



Avoid sharing personal items



Avoid close contact with people who are sick



Protect yourself from mosquito and fly bites



Clean & disinfect frequently touched surfaces



Cover mouth while coughing & wear mask



Drink clean water, follow safe food habits

Consult Your Doctor And Get Vaccinated To Stay Protected!

Your Safe Health Resolutions

My Health, My Responsibility

- I will **maintain** and **carry** my complete **medical information** to every visit to a doctor.
- I will **understand** my **medicines** before taking them and will speak up early if something feels wrong.
- I will **read and understand** **consent forms** before agreeing to any procedure or treatment.
- I will do **prescribed diagnostic tests** and will **take a second opinion** if in doubt.
- I will be aware of handling **medical emergencies** and **preventive steps**



Read our patient education materials here:



Infographics:

<https://www.patientsforpatientsafety.in/infographics.php>



Health Library:

<https://www.patientsforpatientsafety.in/resources.php>



Newsletter:

<https://patientsforpatientsafety.in/newsletter.php#gsc.tab=0>



Doctor-Patient Conversations series!

[https://www.youtube.com/playlist?
list=PLMnzlJCQuYL8Wa6EsPUTQxVHIFwjz-ECG](https://www.youtube.com/playlist?list=PLMnzlJCQuYL8Wa6EsPUTQxVHIFwjz-ECG)

BROUGHT TO YOU BY



**Patients For
Patient Safety
Foundation**



**Be Aware. Stay Involved. Stay Safe.
Be an Active Participant in Your Care.**

More Self-Help Information Available

www.patientsforpatientsafety.in