

UNIVERSITY OF HOUSTON HEALTH CENTER

-HEALTHBERRY-
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Encouraging Patients to Ask Questions

Patients can take a vital role in their care and safety by becoming more informed and involved with their Health Care Team!

- 1) Speak up if you have questions or concerns. Don't be afraid to ask about safety. For example, if you're having surgery, ask the doctor to mark the area that is to be operated on.
- 2) Pay attention to the care that you are receiving. Make sure caregivers are washing their hands. Note the names of your health care workers. Write down important information your doctor tells you.
- 3) Ask someone you trust to be your advocate. An advocate can make sure you get the right medications and treatments and speak up for you if you cannot.
- 4) Know your medications. Know what you take and why. Notify doctors of any potential allergic reactions or any other medications you are taking.
- 5) Use health care facilities that are experienced with your type of illness, and those, which are certified and maintain rigorous evaluations.
- 6) Participate in all discussions about your treatment. Know how long it will last and what side effects to expect. Don't be afraid to ask for a second opinion.

Source: Joint Commission on Accreditation of Healthcare Organizations.

We at the Health Center will be happy to help you.



Healthfully yours,

Dr. Healthberry

For questions or comments you can;

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