

Best of Health



**HEALTHIEST PEOPLE
HEALTHIEST COMMUNITIES
EXCEPTIONAL SERVICE**



Jean Millard from Asquith receives home care nursing services from Marilyn Hungness, RN.

You're part of the team for safer health care

Jean Millard believes that communication is essential to successful health care.

"As a patient, I need to speak up and get actively involved in my care right from the beginning," said Millard. "If the treatments are not working, then I need to talk with my care team about getting another opinion or being referred to a doctor or care team with a different set of skills."

That's what Millard has learned during the past 18 months, as she, her family physician, specialists, and other health professionals tried a number of strategies to heal a stubborn pressure sore. "We've made some very good progress with the pressure sore in the last several weeks," says Millard. "We've now got the right people with the right skills and knowledge involved in my treatment, and we're getting good results."

Saskatoon Health Region's Candice Bryden, Director, Quality Services, said "We know it's important to encourage our patients, clients and residents to get actively involved in their care. By talking with them and considering them part of the team, we improve their experience, and also deliver safer care."

Millard's story of self-advocacy is particularly relevant

this week. September 29 to October 4 is Canadian Patient Safety Week, a national initiative coordinated by the Canadian Patient Safety Institute. This year's theme is Be Involved. Ask. Talk. Listen.

Open and honest dialogue between patients and care team members is an important part of how Saskatoon Health Region wants to provide exceptional service to you - the people it serves. Here's how you can help:

- * **Give information** about your medical history and medications you are taking to your health care team.

- * **Get information** about your care and medication. If you don't understand something, ask.

- * **Bring a friend** to help you ask questions, listen and understand.

- * **Keep it clean** by asking visitors and caregivers to clean their hands before every visit.

- * **Know what to do** after every appointment, hospital stay or doctor office visit. If you don't understand something, ask.

For more information and to view our adult and child safety videos, visit "Your role in patient safety" at www.saskatoonhealthregion.ca.

Welcome to the "Best of Health"

Saskatoon Health Region, in partnership with the Star Phoenix and Global TV, are pleased to bring you the "Best of Health." This weekly report to the community introduces you to some of the people and programs that are helping the Health Region realize its vision of "healthiest people, healthiest communi-

ties, exceptional service." And we'll provide you with some practical tips on how to stay healthy. Your comments are always welcome. Please send us a letter to "Best of Health", Saskatoon Health Region, 3rd Floor, 410-22nd St. East, Saskatoon, S7K 5T6, or send an email to general.inquiries@saskatoonhealthregion.ca

Backpack Tip



Did you know that many young children are especially vulnerable to neck and back problems?

The cause... Overloaded backpacks. Backpacks should be loaded with no more than ten per cent of your body weight. There should be plenty of neck clearance and the straps should be wide to spread the load.

Heavy items should be loaded closer to the back. Never carry a backpack on one shoulder. Please use your backpacks safely and help your kids and yourself avoid a potential lifetime problem.

F O R M O R E I N F O R M A T I O N

www.saskatoonhealthregion.ca