



**LAKE CITY  
Community Hospital**

"Bringing Good Health To Our Community"

## **Speak Up – Be Involved – Let Us Hear From You**

*(Applies to the patient and/or the patient's representative to include parent(s) or guardian).*

As a patient of Lake City Community Hospital, you are a member of your health care team and therefore play a vital role in making your care safe by becoming active, involved and informed. Research has proven that patients who take part in decisions about their health care are more likely to have better outcomes.

Lake City Community Hospital is providing you simple advice on how you, as the patient, can make your care a positive experience. You are encouraged to do the following:

1. **S**peak up if you have a question or concerns, and if you do not understand, ask again. It is your body and you have a right to know. Your health is too important to worry about being embarrassed if you don't understand something that your doctor, nurse, or other health care professional tells you.
2. **P**ay attention to the care you are receiving. Make sure you are getting the right treatments by the right physician, nurse or technician. Tell your nurse or physician if something does not seem right.
3. **K**now what medication you take and why you take them. If you do not recognize a medication, verify that it is for you.
4. **B**ecome familiar with your diagnosis, medical tests you are undergoing and treatment plan.
5. **W**ash your hands carefully and expect your caregivers to do the same when working with you. Do not be afraid to remind them.
6. **K**keep the skin around the intravenous catheters and/or wounds dry. If they become wet or loose, contact your nurse.
7. **C**ontact the nurse if any type of catheter or drainage tube becomes loose or dislodged.
8. **A**sk a trusted family member or friend to be your advocate. Your advocate can ask questions that you may not think of while you are under stress.
9. **P**articipate in all decisions about your treatment. You are the center of the healthcare team.
10. **I**f you are having surgery, make sure that you, your doctor, and your surgeon all agree and are clear on exactly what is to be done.

***"Speak Up – Ask your Physician or Nurse if you do not understand  
or have questions about your care".***

**QUITTING TAKES HARD WORK AND A LOT OF EFFORT, BUT –  
YOU CAN QUIT SMOKING  
SUPPORT AND ADVICE FROM YOUR CLINICIAN**

**Want to Quit?**

- Nicotine is a powerful addiction.
- Quitting is hard, but don't give up.
- Many people try 2 or 3 times before they quit for good.
- Each time you try to quit, the more likely you will be to succeed.

**Good Reasons for Quitting:**

- You will live longer and live better.
- The people you live with, especially your children, will be healthier.
- You will have more energy and breathe easier.
- You will lower your risk of heart attack, stroke, or cancer.

**Tips to Help You Quit?**

- Get rid of all cigarettes and ashtrays in your home, car, or workplace.
- Ask your family, friends, and co-workers for support.
- Stay in non-smoking areas.
- Breathe in deeply when you feel the urge to smoke.
- Keep yourself busy.
- Remind yourself often.

**Quit and Save Yourself Money:**

- At least \$3.00 per pack, if you smoke 1 pack per day, you will save \$1,100 each year and 11,000 in 10 years.
- What else could you do with this money?



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