



Guide Safe home care

10 suggestions
*for citizens that receive home care and for
their family members*

1. Be well informed of the treatment that you must follow

Ask your doctor to clearly explain your treatment, and immediately enquire about any doubts you may have: for example, what effects the treatment will have, the associated risks, how to proceed with the treatment, which activities you can do and which to avoid, what to observe in order to verify that everything is proceeding well. If you do not notice improvements or rather experience pain, inform the doctor and/or nurse.

2. Pay attention when taking drugs

Take medication only prescribed by your doctor, when and how as indicated (dosage, time), for safety reasons, write the instructions down on a piece of paper that should be kept next to the medication.

If you experience unexpected reactions, immediately notify the doctor and/or nurse. All other over the counter drugs, herbal products, phytotherapy and integrators should only be taken upon medical consultation.

3. Correctly maintain medical aids and equipment

Make certain that medical aids and equipment are always clean and working properly. Ask the nurse or doctor how to correctly use and preserve them, which problems may arise and how to go about solving them.

4. Always wash hands

In order to avoid infections, always wash your hands before and following the change of medication (e.g. adhesive bandages or other instruments)

If they haven't done so, ask doctors and other health care professionals to wash their hands before examining you or prior to other health services.

5. Keep in order and at hand all your medical documentation

Always keep at hand documents regarding your illness for medical or other consultation.

If you must be examined in a hospital or ambulatory, or have tests done, attend as scheduled and bring with you the most recent health documentation and exams performed.

6. Pay attention to clothing and to the environmental conditions at home

At home, in order to avoid slipping and tripping or stumbling, remove rugs and do not use slippers nor belts. Always have a flashlight with you for every emergency.

Ask the nurse, how often you must change the linens, in cases of particular necessity, as well ask how often you must change positions in order to avoid bed sores.

Maintain constant room temperature and use appropriate clothing suitable for your health conditions

7. Be well informed about your visitors health conditions

Advise family and friends to not come and visit you if they have or suspect in having illnesses that could be transmitted (e.g. the flu), because it can be harmful to you.

8. Maintain a healthy lifestyle

Eat adequately(asking the doctor or nurse what and how much to eat), move as suggested and maintain relationships with people of your environment as much as possible, as well maintain the same lifestyle, avoiding harmful habits(smoking, alcohol, eating continuously).

9. Pay attention to your mood

If you realize that you have negative thoughts, externalize them. Ask those who surround you if they notice changes, and inform the nurse or doctor of these observations.

10. Ascertain that the person who assists you, is instructed and informed of your situation

Make certain that your family members abide by the medical instructions or instructions given by other healthcare professionals.

If you require private assistance(volunteers, caregivers), make sure that the person is prepared and as well receives specific instructions from your doctor or other health professional.