



**Patient Safety
Awareness Week**

Patient Safety Awareness Member Toolkit

*Your guide to raising awareness of patient safety
issues among staff, patients, and families*

Dear IHA Member:

Patient safety is everyone's job and it is our focus year-round. That's why this year we're using Patient Safety Awareness Week as a kick-off to our 2019 patient safety campaign. The Indiana Hospital Association has updated our Patient Safety Awareness Toolkit to help your organization. Whether you are launching a general campaign for Patient Safety Awareness Week or wish to focus on the issues that affect your hospital most, we hope you find this resource a valuable tool in your efforts to raise awareness of important topics during Patient Safety Awareness Week and throughout the whole year.

This toolkit includes a press release template, newsletter article for staff, a patient safety quiz, social media posts, [ready-to-use imagery](#), [ready-to-print table tents](#), and links to helpful websites and resources. The messaging highlights general patient safety as well as the following:

- Speak Up™ - a patient safety program from The Joint Commission.
- Public Health
 - Suicide awareness
 - Infant mortality and safe sleep
 - Tobacco
 - Opioid/drug abuse
- Harm Topics
 - Antibiotic stewardship
 - Sepsis awareness
 - Up Campaign – Get Up, Wake Up, Soap Up

All items used in this toolkit are intended to be a guide, allowing you to customize these materials as you see fit.

As health care providers, we must lead in educating the public about important patient safety issues. Thank you for your continued participation and partnership as we work together to increase patient safety awareness. **Please send any images or information on how your hospital celebrated Patient Safety Awareness Week to Casey Hutchens at chutchens@IHAconnect.org.**

Sincerely,



Brian Tabor
IHA President



Karin Kennedy
Vice President, Quality & Patient Safety

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Indiana Patient Safety Center

of the Indiana Hospital Association

2019 Patient Safety Awareness Calendar

These are the patient safety awareness days that IHA will promote in 2019. There are many health awareness observances available [here](#) if your hospital is interested in celebrating these dates as well.

March

- [Patient Safety Awareness Week](#) March 10 – 16
- [Kick Butts Day](#) March 20

April

- [World Health Day](#) April 7

May

- [Mental Health Month](#)
- [World Hand Hygiene Day](#) May 5
- [World No Tobacco Day](#) May 31

August

- [Opioid Misuse Prevention Day](#) August 30

September

- [Falls Prevention Month](#) ([Falls Prevention Day](#) – Sept. 23)
- [Sepsis Awareness Month](#) ([World Sepsis Day](#) – Sept. 13)
- [National Suicide Prevention Month](#) ([World Suicide Prevention Day](#) – Sept. 13)
- [National Suicide Prevention Week](#) Sept. 8 – 14

October

- [National Substance Abuse Prevention Month](#)
- [SIDS Awareness Month](#)

November

- [Lung Cancer Awareness Month](#)
- [World Antibiotic Awareness Week](#) Nov. 11 – 18
- [Great American Smokeout](#) Nov. 21

December

- [National Handwashing Awareness Week](#) Dec. 1 – 7

Press Release Template

FOR IMMEDIATE RELEASE [Date]

Media Contact: [Name]

[Email Address]

[Phone Number]

[Hospital Name] Celebrates Patient Safety Awareness Week [Dates]

[City]—In recognition of Patient Safety Awareness Week, [Hospital Name] offers tips to help patients stay safe and take an active role in their care. Patient Safety Awareness Week, which is observed annually to raise awareness of important patient safety issues, is March 10 – 16.

“Patient safety is at the core of the care we provide and engrained within our hospital culture,” said [President/CEO Name]. “We welcome this opportunity to celebrate Patient Safety Awareness Week in collaboration with the Indiana Hospital Association with our patients, staff, and community.”

[Hospital name] offers the following tips to help patients stay safe and comfortable during their hospital stay:

- **Speak up.** You must trust your health care provider, but remember communication is a two-way street. If you have a question or concern about your care, ask your doctor. Ask Me 3[®] encourages patients and families to ask three specific questions of their providers to better understand their health conditions and what they need to do to stay healthy.
 - What is my main problem?
 - What do I need to do?
 - Why is it important for me to do this?
- **Keep your hands clean.** Hand hygiene is the most effective way to prevent the spread of infection. Keep your hands clean and ask providers to clean their hands before touching you.
- **Educate yourself.** Unfortunately, it’s possible to get an infection in the hospital while being treated for something else. Know the signs and symptoms of infection and let your health care provider know if you experience them.
- **Participate in treatment decisions.** Your health care provider has your best interests in mind, but you must be an active participant in your own care. Discuss all treatment options so you can make an informed decision together.

“Patient safety is everyone’s responsibility, from physicians and nurses to patients and visitors,” [President/CEO Name] said. “We must all work together to ensure patients receive the best, safest care.”

For more information about Patient Safety Awareness Week, go to www.unitedforpatientsafety.org.

Newsletter Article or Email for Staff

Help Raise Awareness During Patient Safety Awareness Week



Patient Safety Awareness Week is March 10 – 16, and [Hospital Name] will be spreading the word through social media, flyers, and other efforts. Patient safety is everyone’s responsibility, and staff are encouraged to help promote and educate patients and visitors about ways to stay safe and be engaged in their care.

[Hospital Name] will be sharing patient safety tips and information on social media and internally. Please like and share these posts as we all work together to ensure patients receive the safest care.

Ideas for sharing Patient Safety Awareness Week Internally

Here are some ideas for spreading Patient Safety Awareness Week to your staff:

- Talk about Patient Safety Awareness Week in huddles
- Ask your CEO to send out a message to staff highlighting the importance of patient safety as well as the great work underway.
- Download and print IHA’s Patient Safety Awareness Week table tents and put them up around your facilities
- Host a health fair for staff
- Put up a table with all the Patient Safety Awareness Week items provided in this toolkit in your cafeteria
- Put up Patient Safety Awareness Week banners and distribute items in your facility’s public areas to get the patient safety conversation started



Staff at Elkhart General Hospital joined in spreading hand hygiene awareness during Patient Safety Awareness Week 2017 by dressing up as soap bubbles



Patient Safety Quiz

Find out how much you know about patient safety by taking this quiz.

1. Who is responsible for patient safety?
 - A. Doctors
 - B. Nurses
 - C. Patients
 - D. Everyone

2. What is the most effective way to prevent the spread of infection?
 - A. Covering your mouth when you cough
 - B. Washing your hands
 - C. Wearing a face mask
 - D. Avoiding sharing drinks or food

3. What is the leading cause of accidental injury deaths in the U.S.?
 - A. Drug overdose
 - B. Car accident
 - C. Falls
 - D. Choking

4. Which of the following is safe to place in a baby's crib?
 - A. A heavy blanket
 - B. A stuffed animal
 - C. A crib bumper
 - D. None of the above

5. If you have a question about your care, what's the best thing you can do?
 - A. Research it on the Internet
 - B. Ignore it and trust everything will work out
 - C. Speak up and ask your health care provider
 - D. Ask a friend or family member to find the answer

6. Sepsis is:
 - A. The body's overwhelming response to infection
 - B. Considered a medical emergency
 - C. The 3rd leading cause of death in the U.S.
 - D. All of the above



7. What is the percentage of older adults who have adverse events from medications?
- A. 25-50%
 - B. 10-15%
 - C. 75-80%
 - D. 50-75%
8. Older adults have altered absorption of medicines because of:
- A. Increased water and lower fat body content
 - B. Changed liver and kidney function
 - C. They often chew the pills incorrectly
 - D. A and B above
9. What is a good method to prevent adverse events from medicine in older adults?
- A. Review medication lists at each medical encounter
 - B. Call a caregiver each time medicine is given
 - C. Drink less water
 - D. Adjust medication doses on your own
10. How quickly does nicotine reach the brain?
- A. Within 10 seconds
 - B. Within 1 minute
 - C. Within 5 minutes
 - D. Within 30 minutes
11. How long does the pleasurable feeling of smoking last?
- A. Only a few minutes
 - B. 20 minutes
 - C. 45 minutes
 - D. 1 hour
12. When does a former tobacco user's risk of coronary heart disease reach that of a non-smoker?
- A. 1 year
 - B. 5 years
 - C. 10 years
 - D. 15 years

Answers: Q1: D; Q2: B; Q3: A; Q4: D; Q5: C; Q6: D; Q7: A; Q8: D; Q9: A; Q10: A; Q11: A; Q12: D

Table Tents

These [table tents files](#) are available to coordinate with your Patient Safety Awareness campaigns on many of the patient safety topics covered in this toolkit.

Each file is set up to print two table tents per page, then be trimmed and folded into individual table tents. A template is also included in the files.

Sample (not to scale)

<p>Learn more at: bit.ly/TJCSpeakup</p> <p>In March 2002, The Joint Commission launched its Speak Up™ patient safety program.</p> <p>P: Participate in all decisions about your treatment.</p> <p>C: Checked out.</p> <p>U: Use a health care organization that has been carefully checked out.</p> <p>K: Know what medicines you take and why.</p> <p>A: Ask a trusted family member or friend to be your advocate.</p> <p>E: Educate yourself about your illness.</p> <p>P: Pay attention to the care you get.</p> <p>S: Speak up if you have questions or concerns.</p> <p>Remember SPEAK UP.</p> <p>Not sure how to be more active in your care?</p> <p>As a patient, you need to take an active role in your care.</p> <p>Patient safety is everyone's responsibility. As a patient, you need to take an active role in your care.</p> <p>Patient Safety Awareness Week #SaferHoosiers</p>	<p>Learn more at: bit.ly/TJCSpeakup</p> <p>In March 2002, The Joint Commission launched its Speak Up™ patient safety program.</p> <p>P: Participate in all decisions about your treatment.</p> <p>C: Checked out.</p> <p>U: Use a health care organization that has been carefully checked out.</p> <p>K: Know what medicines you take and why.</p> <p>A: Ask a trusted family member or friend to be your advocate.</p> <p>E: Educate yourself about your illness.</p> <p>P: Pay attention to the care you get.</p> <p>S: Speak up if you have questions or concerns.</p> <p>Remember SPEAK UP.</p> <p>Not sure how to be more active in your care?</p> <p>As a patient, you need to take an active role in your care.</p> <p>Patient safety is everyone's responsibility. As a patient, you need to take an active role in your care.</p> <p>Patient Safety Awareness Week #SaferHoosiers</p>
<p>Patient safety is everyone's responsibility. As a patient, you need to take an active role in your care.</p> <p>Not sure how to be more active in your care? Remember SPEAK UP:</p> <p>S: Speak up if you have questions or concerns.</p> <p>P: Pay attention to the care you get.</p> <p>E: Educate yourself about your illness.</p> <p>A: Ask a trusted family member or friend to be your advocate.</p> <p>K: Know what medicines you take and why.</p> <p>U: Use a health care organization that has been carefully checked out.</p> <p>P: Participate in all decisions about your treatment.</p> <p>In March 2002, The Joint Commission launched its Speak Up™ patient safety program.</p> <p>Learn more at: bit.ly/TJCSpeakup</p>	<p>Patient safety is everyone's responsibility. As a patient, you need to take an active role in your care.</p> <p>Not sure how to be more active in your care? Remember SPEAK UP:</p> <p>S: Speak up if you have questions or concerns.</p> <p>P: Pay attention to the care you get.</p> <p>E: Educate yourself about your illness.</p> <p>A: Ask a trusted family member or friend to be your advocate.</p> <p>K: Know what medicines you take and why.</p> <p>U: Use a health care organization that has been carefully checked out.</p> <p>P: Participate in all decisions about your treatment.</p> <p>In March 2002, The Joint Commission launched its Speak Up™ patient safety program.</p> <p>Learn more at: bit.ly/TJCSpeakup</p>



Patient Safety Awareness Week #SaferHoosiers

Soap Up: Hand Hygiene

Keeping your hands clean is the number one way to prevent infection. Practice these handwashing tips to stay healthy:

1. Wash your hands with soap and water for at least 20 seconds. Sing "Happy Birthday" twice to know you've washed long enough
2. Cover all of your hand area with soap, including fingers, wrists, fingernails and back of the hand
3. If soap and water are unavailable, use an alcohol-based hand rub or sanitizer

For more information, visit consumers.site.apic.org/infection-prevention-basics/wash-your-hands-often



Patient Safety Awareness Week #SaferHoosiers

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Patient Safety Awareness Week #SaferHoosiers

COULD IT BE SEPSIS?

Almost 3,500 Hoosiers die each year from sepsis.

Learn more at survivesepsis.com

Could it be Sepsis?

Sepsis is the body's overwhelming and potentially life-threatening response to an infection. Almost 3,500 Hoosiers die each year from sepsis.

There is no single sign or symptom of sepsis. Here are some symptoms to look out for:

- Shivering, fever, very cold
- Extreme pain or feeling worse than ever
- Pale or discolored skin
- Sleepy, difficult to wake up, confused
- I feel like I might die
- Short of breath

To learn more about sepsis, visit www.survivesepsis.com

Social Media Plan

Social media is one of the easiest and most effective ways to educate and engage the public. We have created sample messaging and imagery for you to use on your social media channels to raise awareness of a variety of patient safety issues. [These images](#) are designed primarily for Facebook and Twitter but can be used where you see fit.

There are several suggested social media posts for each topic. We have tried to provide flexibility with the messaging, allowing you to decide when and how frequently you wish to post. Patient safety does not stop after Patient Safety Awareness Week, so feel free to use these messages for other activities your organization may have planned throughout the year. Please feel free to personalize these messages to incorporate the specific efforts of your organization.

Use these hashtags throughout the week!

#PatientSafetyAwareness #SaferHoosiers #UnitedForPatientSafety

General Patient Safety Awareness Messages

Use these messages on social media to promote Patient Safety Awareness Week



- Message 1: This is Patient Safety Awareness Week. Make a commitment to your own health and follow us for information and tips all week. #PatientSafetyAwareness #UnitedForPatientSafety
- Message 2: Unfortunately, patients can get infections in a health care setting while being treated for something else. Be informed. Be empowered. Be prepared. Find out what you can do to stay safe at www.cdc.gov/hai/patientsafety/patient-safety.html. #PatientSafetyAwareness #UnitedForPatientSafety
- Message 3: How patient safety-savvy are you? Take our quiz and find out: <http://bit.ly/2Dgubek> #PatientSafetyAwareness #UnitedForPatientSafety
- Message 4: Health care procedures can leave you vulnerable to germs that cause health care-associated infections like surgical site or urinary tract infections. As a patient, you need to know the signs and symptoms of infection and let your doctor know if you are experiencing any of them. Learn more: www.cdc.gov/hai/infectiontypes.html #PatientSafetyAwareness #UnitedForPatientSafety
- Message 5: Handwashing is the single most effective way to prevent the spread of infection. As a patient, keep your hands clean—and make sure your health care providers clean their hands before touching you. Visit <http://mayoclinic.in/1L9ieoR> to learn about safe hand hygiene practices. #PatientSafetyAwareness #UnitedForPatientSafety

Speak Up™

In March 2002, The Joint Commission launched its Speak Up™ patient safety program. Learn more at: bit.ly/TJCspeakup

Use these messages on social media to promote Patient Safety Awareness Week



Message 1: Not sure how to be more active in your care? Remember SPEAK UP:

- S: Speak up if you have questions or concerns
- P: Pay attention to the care you get
- E: Educate yourself about your illness
- A: Ask a trusted family member or friend to be your advocate
- K: Know what medicines you take and why
- U: Use a health care organization that has been carefully checked out
- P: Participate in all decisions about your treatment

Learn more at www.jointcommission.org #PatientSafetyAwareness #UnitedForPatientSafety

Message 2: Patient safety is everyone's responsibility. As a patient, you need to take an active role in your care. Learn how you can be a safe patient at www.cdc.gov/hai/patientsafety/patient-safety.html. #PatientSafetyAwareness #UnitedForPatientSafety

Message 3: Ask Me 3® encourages patients and families to ask three specific questions of their providers to better understand their health conditions and what they need to do to stay healthy.

- What is my main problem?
- What do I need to do?
- Why is it important for me to do this?

Learn more at <http://www.ihl.org/resources/Pages/Tools/Ask-Me-3-Good-Questions-for-Your-Good-Health.aspx>. #PatientSafetyAwareness #UnitedForPatientSafety

Suicide Awareness Messages

Use these messages on social media to promote Patient Safety Awareness Week

Message 1: 39% of people who die by suicide visit an emergency department in the year prior to their death, and up to 45% of people who die by suicide visit their primary care physician in the month prior to their death. Learn more at

<https://project2025.afsp.org/>. #SaferHoosiers #PatientSafetyAwareness



Message 2: Social isolation, increased anxiety, increased substance use, increased anger, expressing hopelessness, changes in sleep or diet, talking about wanting to die, and making plans for suicide are all warning signs of suicide. Learn more at

<https://www.cdc.gov/vitalsigns/suicide/index.html>. #SaferHoosiers
#PatientSafetyAwareness

Message 3: Suicide is the 10th leading cause of death overall, and the second leading cause in people aged 10-34. Learn more at <https://www.cdc.gov/injury/wisqars/LeadingCauses.html>. #SaferHoosiers #PatientSafetyAwareness

Message 4: The suicide rate in Indiana has increased nearly every year since 1999. Over 1,000 Hoosiers died by suicide in 2017 with a Hoosier dying by suicide every eight hours. Learn more at <https://www.cdc.gov/nchs/pressroom/sosmap/suicide-mortality/suicide.htm> and <https://afsp.org/about-suicide/state-fact-sheets/#Indiana> #SaferHoosiers
#PatientSafetyAwareness

Message 5: Mental health conditions are often seen as the cause of suicide, but suicide is rarely caused by any single factor. In fact, more than half of people who died by suicide did not have a known mental health condition. Learn more at

<https://www.cdc.gov/vitalsigns/suicide/index.html>. #SaferHoosiers
#PatientSafetyAwareness

Safe Infant Sleep Practices

Use these messages on social media to promote Patient Safety Awareness Week

Message 1: Indiana ranks 42nd in the nation in infant mortality. Sudden unexplained infant deaths (SUIDs) accounted for 13.5% of these deaths in 2015. For more information on SUID and safe sleep, visit <http://www.in.gov/laboroflove>.
#SaferHoosiers #PatientSafetyAwareness #SafeSleep



Message 2: To ensure your infant sleeps safely, remember the ABCs of safe sleep: All by myself, on my Back, in my Crib. Get more information about safe infant sleep practices at www.nichd.nih.gov/sts/about/risk/Pages/reduce.aspx.
#PatientSafetyAwareness #UnitedForPatientSafety #SafeSleep

Message 3: The American Academy of Pediatrics (AAP) recommends infant sharing a bedroom with parents but NOT the same sleep surface. Room-sharing decreases the risk of SIDS by as much as 50 percent with the baby in his or her separate sleeping space. Learn more at www.aap.org #PatientSafetyAwareness #UnitedForPatientSafety #SafeSleep

Message 4: Stuffed animals are for playing, not sleeping. Keep them out of your infant's crib to reduce the risk of suffocation. Learn more: <https://www1.nichd.nih.gov/sts/about/risk/Pages/reduce.aspx> #PatientSafetyAwareness #UnitedForPatientSafety #SafeSleep

Message 5: When it's time for your baby to sleep, always place him or her on a firm surface, like a mattress covered in a fitted sheet in a safety-approved crib. Don't place your baby on soft surfaces like a couch or pillow. Get more tips on ways to ensure your baby sleeps safely at <https://www1.nichd.nih.gov/sts/about/risk/Pages/reduce.aspx>. #PatientSafetyAwareness #UnitedForPatientSafety #SafeSleep

Message 6: Crib bumpers have been linked to serious injuries and deaths from suffocation, entrapment, and strangulation. They may look pretty but keep them out of your baby's crib. Learn more: <https://www1.nichd.nih.gov/sts/about/Pages/faq.aspx> #PatientSafetyAwareness #UnitedForPatientSafety #SafeSleep

Message 7: Keep the room cool - ideally around 70 degrees - to ensure your baby doesn't overheat while sleeping. Get more safe infant sleep tips: www.in.gov/laboroflove/720.htm
#SaferHoosiers #PatientSafetyAwareness #SafeSleep

Tobacco Cessation

Use these messages on social media to promote Patient Safety Awareness Week



- Message 1: Indiana ranks 44th in the nation in tobacco use. Nearly 22% of adult Hoosiers smoke. Smoking is the leading cause of preventable death in the U.S. Learn about free cessation resources available to Hoosiers: <https://www.quitnowindiana.com/> #PatientSafetyAwareness
- Message 2: 90% of lung cancer deaths in the U.S. are caused by smoking. Lung cancer is the deadliest cancer in the nation. Learn about the damage tobacco causes in the body: https://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/ #PatientSafetyAwareness
- Message 3: Babies whose mothers smoked during pregnancy or who are exposed to secondhand smoke after birth are more likely to die of SIDS than babies who are not exposed. Learn more: <https://www.cdc.gov/tobacco/campaign/tips/diseases/pregnancy.html> #PatientSafetyAwareness
- Message 4: Nearly 70% of smokers report that they want to quit, and more than half try each year. Brief treatment from a clinician increases likelihood of success. Review the Clinical Practice Guideline: <https://www.ncbi.nlm.nih.gov/books/NBK63952/> #PatientSafetyAwareness
- Message 5: Smoking causes 80% of deaths from Chronic Obstructive Pulmonary Disease (COPD). Check out free resources available to your patients and loved ones: <https://www.quitnowindiana.com/> #PatientSafetyAwareness
- Message 6: Smoking damages the heart and blood vessels, but the damage is repaired quickly for most smokers who quit. Even long-time smokers can see rapid health improvements. Within a year, heart attack risk drops dramatically. Learn more: <https://www.cdc.gov/tobacco/> #PatientSafetyAwareness
- Message 7: Secondhand smoke causes nearly 34,000 early deaths from coronary heart disease each year in the U.S. among nonsmokers. Get the facts: https://www.cdc.gov/tobacco/basic_information/health_effects/heart_disease/index.htm #PatientSafetyAwareness

Opioid Abuse Messages

Use these messages on social media to promote Patient Safety Awareness Week

Message 1: Opioids are powerful and highly addictive painkillers. They include prescription drugs, fentanyl, and heroin. Learn more about opioids and why they're so dangerous at www.cdc.gov/drugoverdose/opioids/index.html.
#PatientSafetyAwareness #UnitedForPatientSafety



Message 2: Hoosiers are more likely to die due to drug overdose than a car accident. Get the facts about the opioid epidemic in Indiana at www.healthierindiana.org/battling-opioid-abuse.
#SaferHoosiers #PatientSafetyAwareness

Message 3: A newborn exposed to opioids in utero has a 60-80% likelihood of suffering from Neonatal Abstinence Syndrome (NAS), which could impact the child's long-term growth, behaviors, language abilities, cognitive development, and academic achievement. Learn more about the dangers of opioids at www.cdc.gov/rxawareness. #PatientSafetyAwareness
#UnitedForPatientSafety

Message 4: Death by drug overdose has increased in Indiana by 500% since 1999, and Indiana ranks 34th in the nation in drug deaths. Learn how to avoid harm from your prescription painkillers at www.cdc.gov/drugoverdose. #SaferHoosiers #PatientSafetyAwareness

Message 5: Drug overdose fatalities cost Indiana \$1.5 billion each year. Learn more about the cost of the opioid epidemic on Indiana's economy at www.healthierindiana.org/battling-opioid-abuse. #SaferHoosiers #PatientSafetyAwareness

Message 6: In 2016, 40% of all opioid overdose deaths involved a prescription opioid. Learn how to avoid harm from your prescription painkillers at www.cdc.gov/drugoverdose.
#PatientSafetyAwareness #UnitedForPatientSafety

Message 7: Help prevent drug addiction and overdose deaths by turning in your unused or expired prescription medication for safe disposal. Find out when and where you can turn in your unused or expired prescription meds at <https://takebackday.dea.gov/>.
#PatientSafetyAwareness #UnitedForPatientSafety

Safe Antibiotic Usage

Use these messages on social media to promote Patient Safety Awareness Week



- Message 1: Antibiotics are used to treat bacterial infections, not viral infections. That means they won't cure the common cold or help your runny nose. Learn more: www.cdc.gov/antibiotic-use/community/index.html #PatientSafetyAwareness #UnitedForPatientSafety
- Message 2: Feeling bad and wondering if you need an antibiotic? This chart from the CDC explains which common illnesses are usually viral or bacterial and when antibiotics are necessary: www.cdc.gov/antibiotic-use/community/about/should-know.html #PatientSafetyAwareness #UnitedForPatientSafety
- Message 3: Antibiotic resistance is a growing problem in the U.S. When bacteria resist the effects of an antibiotic, they survive and continue to multiply, causing more harm. Learn more about how this happens and what you can do to prevent it: www.cdc.gov/antibiotic-use/community/about/antibiotic-resistance-faqs.html #PatientSafetyAwareness #UnitedForPatientSafety
- Message 4: Taking antibiotics when you have a virus can be dangerous. They can increase your risk of getting an antibiotic-resistant infection later, kill healthy bacteria, and cause harmful side effects. Learn more: www.cdc.gov/antibiotic-use/community/about/should-know.html #PatientSafetyAwareness #UnitedForPatientSafety
- Message 5: Antibiotics are responsible for almost one out of five emergency room visits for adverse drug events, and they are the most common cause of ER visits for adverse drug events in children under 18 years of age. Get the facts: www.cdc.gov/antibiotic-use/community/about/should-know.html #PatientSafetyAwareness #UnitedForPatientSafety
- Message 6: If you have a viral infection, antibiotics won't cure the infection, keep others from catching the illness, or help you feel better. Learn more: www.cdc.gov/antibiotic-use/community/about/should-know.html #PatientSafetyAwareness #UnitedForPatientSafety
- Message 7: While antibiotics are used to treat a variety of bacterial illnesses, improper use can be dangerous. Use antibiotics wisely and get recommend vaccines. For more information, visit www.cdc.gov/antibiotic-use/community/about/should-know.html. #PatientSafetyAwareness #UnitedForPatientSafety

Sepsis Awareness

Use these messages on social media to promote Patient Safety Awareness Week

Message 1: Never heard of sepsis? It's the nation's third-leading killer. Visit SurviveSepsis.com to learn more.
#PatientSafetyAwareness
#UnitedForPatientSafety



Message 2: In 2016, over 3,000 Hoosiers died from sepsis. Learn more about sepsis and how to prevent it at SurviveSepsis.com. #SaferHoosiers #PatientSafetyAwareness

Message 3: You have to see it to stop it. Learn the signs of sepsis at SurviveSepsis.com.
#PatientSafetyAwareness #UnitedForPatientSafety

Message 4: Sepsis kills more people than prostate cancer, breast cancer, and AIDS combined. Get the facts at SurviveSepsis.com. #PatientSafetyAwareness #UnitedForPatientSafety

Message 5: Sepsis is the body's overwhelming and potentially life-threatening response to an infection. The warning signs include:
S: Shivering, fever, very cold
E: Extreme pain
P: Pale or discolored skin
S: Sleepy, difficult to wake up
I: "I feel like I might die"
S: Shortness of breath

Learn more at SurviveSepsis.com. #PatientSafetyAwareness #UnitedForPatientSafety

Message 6: This year more than 1 million people in the U.S. will get sepsis. About half of them will die. Start a conversation with your doctor today. SurviveSepsis.com #PatientSafetyAwareness #UnitedForPatientSafety

Message 7: Even when you've survived sepsis, sometimes the fight isn't over. If someone you know is struggling with life after sepsis, help them get the support they need. Learn how at www.sepsis.org/life-after-sepsis. #PatientSafetyAwareness #UnitedForPatientSafety

GET UP: Progressive Mobility

Use these messages on social media to promote Patient Safety Awareness Week

Message 1: Patients who get out of bed early and often recover more quickly and return home sooner. Learn more about progressive mobility at IHAconnect.org/Resources/GetUp.
#PatientSafetyAwareness #UnitedForPatientSafety



Message 2: Progressive mobility preserves muscle strength, reduces delirium, improves lower extremity circulation and lung capacity, and reduces length of stay. Check out these resources for more info on how increasing mobility can decrease patient harm: IHAconnect.org/Resources/GetUp. #PatientSafetyAwareness #UnitedForPatientSafety

Message 3: Talk to your health care provider about the importance of moving and staying mobile while in the hospital. IHAconnect.org/Resources/GetUp. #PatientSafetyAwareness #UnitedForPatientSafety

Message 4: Be sure to discuss any challenges of mobility with your health care provider. IHAconnect.org/Resources/GetUp. #PatientSafetyAwareness #UnitedForPatientSafety

Message 5: Did you know progressive mobility can decrease your chances of harm? Visit IHAconnect.org/Resources/GetUp for more info. #PatientSafetyAwareness #UnitedForPatientSafety

Message 6: More mobility = faster recovery. Learn more at IHAconnect.org/Resources/GetUp. #PatientSafetyAwareness #UnitedForPatientSafety

Message 7: Want to go home sooner? Start moving more! Learn more: IHAconnect.org/Resources/GetUp. #PatientSafetyAwareness #UnitedForPatientSafety

WAKE UP: Reducing Sedation

Use these messages on social media to promote Patient Safety Awareness Week

Message 1: Be sure to set realistic pain expectations with your health care provider. Learn more at IHAconnect.org/Resources/WakeUp.
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Message 2: When you're in the hospital, talk to your health care provider about the importance of reducing unnecessary sleepiness and sedation. More info: IHAconnect.org/Resources/WakeUp. #PatientSafetyAwareness #UnitedForPatientSafety

Message 3: Effective sedation management = reduced grogginess and anxiety. Find out more at IHAconnect.org/Resources/WakeUp. #PatientSafetyAwareness #UnitedForPatientSafety

Message 4: Did you know managing proper sedation while in the hospital can help patients get up and moving and leave the hospital sooner? Get the facts: IHAconnect.org/Resources/WakeUp. #PatientSafetyAwareness #UnitedForPatientSafety

Message 5: We all want to be comfortable when we're in the hospital, but oversedation is a real danger. Find out why: IHAconnect.org/Resources/WakeUp. #PatientSafetyAwareness #UnitedForPatientSafety

Message 6: If your pain medication is making you feel unusually drowsy or groggy, let your health care provider know. Oversedation can be dangerous - and even deadly. IHAconnect.org/Resources/WakeUp. #PatientSafetyAwareness #UnitedForPatientSafety

Message 7: Oversedation has been linked to a number of patient harms, including delirium and falls. Learn more: IHAconnect.org/Resources/WakeUp. #PatientSafetyAwareness #UnitedForPatientSafety

SOAP UP: Hand Hygiene Messages

Use these messages on social media to promote Patient Safety Awareness Week

Message 1: Frequent and thorough handwashing is one of the best ways to avoid getting sick. Tip: Sing “Happy Birthday” twice to know you’ve washed your hands long enough.
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Message 2: Handwashing is the easiest way to prevent the spread of infection. Learn more about safe hand hygiene at <http://mayocl.in/1L9ieoR> #PatientSafetyAwareness
#UnitedForPatientSafety

Message 3: 80% of germs are transferred by touch. Visit <http://mayocl.in/1L9ieoR> to learn about safe hand hygiene practices. #PatientSafetyAwareness #UnitedForPatientSafety

Message 4: As a patient or visitor at a hospital, you have a role in preventing the spread of germs that cause serious infections. Clean your hands often while you are a patient or visiting someone in a health care facility. #PatientSafetyAwareness #UnitedForPatientSafety

Message 5: Clean hands are happy hands! Learn more about safe hand hygiene at <http://mayocl.in/1L9ieoR>. #PatientSafetyAwareness #UnitedForPatientSafety

Message 6: Public toilets and door handles harbor all kind of germs. Avoid the spread of germs and use a paper towel to flush the toilet and open the door. Be sure to throw the towel away after you leave. Learn more about stopping the spread of germs at <http://mayocl.in/1L9ieoR>. #PatientSafetyAwareness #UnitedForPatientSafety

Message 7: When you wash your hands, be sure to scrub all surfaces, including the back of your hands, between your fingers, and under your nails. More tips: <http://mayocl.in/1L9ieoR>
#PatientSafetyAwareness #UnitedForPatientSafety

Resources

A variety of resources are available to support your Patient Safety Awareness Week campaign. Check out the websites below for information and tools and use the video links in your education and social media.

Patient Safety Awareness

www.unitedforpatientsafety.org
www.cdc.gov/hai/patientsafety/patient-safety.html

Speak Up

<https://www.jointcommission.org/speakup.aspx>
Speak Up YouTube Channel: <https://www.youtube.com/playlist?list=PL96EE3EE3F1C6B859>
<http://www.ihl.org/resources/Pages/Tools/Ask-Me-3-Good-Questions-for-Your-Good-Health.aspx>
<https://www.youtube.com/watch?v=phk75VyszFk>

Suicide Awareness

<https://suicidepreventionlifeline.org/>
<https://www.cdc.gov/violenceprevention/suicide/index.html>
<https://www.in.gov/issp/>
<https://seizetheawkward.org/#signs-of-mental-health-issues>
[Asking About Suicide in Healthcare Settings](#)
[What is suicide?](#)

Safe Infant Sleep

www.cdc.gov/sids/Parents-Caregivers.htm
www.nichd.nih.gov/sts
www.in.gov/laboroflove
<https://www.cdc.gov/vitalsigns/safesleep/index.html>
<https://www.safesleepacademy.org/why-back-to-sleep/>

Tobacco

[AHRQ - U.S. PHS Clinical Practice Guideline and Recommendations](#)
[CDC Tips for Healthcare Providers](#)
[Quit Now Indiana](#)
[USCF Smoking Cessation Leadership Center](#)
[Why Are Cigarettes So Addictive?](#)
[Health Benefits of Quitting Smoking](#)



Indiana Patient Safety Center

of the Indiana Hospital Association

Opioid Awareness

www.cdc.gov/drugoverdose/index.html

www.americashealthrankings.org/explore/2017-annual-report/measure/Drugdeaths/state/IN

<https://amaalliance.org/the-opioid-epidemic/>

<https://www.aha.org/guidesreports/2017-11-07-stem-tide-addressing-opioid-epidemic>

<https://www.in.gov/recovery/know-the-o/>

<https://www.cdc.gov/drugoverdose/prescribing/clinical-tools.html>

Safe Antibiotic Usage

www.cdc.gov/antibiotic-use/community/about/index.html

www.cdc.gov/drugresistance/index.html

<https://youtu.be/oVjMMEBjfxU>

Sepsis

www.survivesepsis.com

www.cdc.gov/sepsis/index.html

www.sepsis.org

<https://youtu.be/GU2oiAczTq8>

Get Up: Progressive Mobility

www.hret-hiin.org/engage/up-campaign.shtml

www.cdc.gov/homeandrecreationalafety/falls

<https://www.youtube.com/watch?v=CCSwOWiIR8>

Wake Up: Reducing Sedation

www.hret-hiin.org/engage/up-campaign.shtml

www.knowyourmeds.org

www.npsf.org/?psaweduresources

https://www.youtube.com/watch?v=vGcAr9tK_30

Soap Up: Hand Hygiene

www.hret-hiin.org/engage/up-campaign.shtml

www.cdc.gov/handwashing/index.html

www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/hand-washing/art-20046253