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10 Tips for Safer Health Care

Q. What is the 10 Tips for Safer Health Care?

A. The 10 tips for Safer Health Care is a booklet that has been designed to assist people to become more actively involved in their own health care.

Q. What sort of information does it provide?

A. It explains how and why things can go wrong, and how you can work in partnership with your doctors, nurses or other health care professionals to get the best possible care.

It provides:

- Tips for improving your health care
- An outline of what sort of information you can expect from your health care professional
- Sources of information for finding out more about your condition and how to manage your medicines
- Information about what you can do if you have concerns about your health care.

Q. How does this booklet contribute to patient safety?

A. Improving safety is not just the business of doctors, nurses or other health professionals. No single group can do it on their own. Everyone has a part to play, including patients receiving care. Good health care is best achieved through an active and positive partnership between patients and their health care professionals.

Evidence from the Institute of Medicine in the United States also highlights that consumer knowledge and information can reduce the risk of health care incidents.

Q. How can I get a copy of the 10 Tips for Safer Health Care booklet?

A. Electronic copies are available on the Council's website under the publications link, go to <http://www.safetyandquality.org/index.cfm?page=publications#10tips>. You can also phone the Council on (02) 6289 4244 to request a hard copy of the booklet.

Q. Is the booklet available in a range of languages?

A. The booklet is currently being translated into 15 languages, which will soon be available from the Council.