

Be Our Partner for Safe Health Care

There are many things we do to keep you safe and prevent errors while you receive health care. We need you and your family to be a partner in your health care to keep you safe or increase your safety.

Be a Part of Your Care

- Be a part of all decisions. Make sure that you understand and agree with your care.
- Please ask questions. Tell us your concerns. Write down questions to ask your doctor or nurse so that you will not forget.
- Expect clear, simple information that you can understand. If you do not understand or you have trouble reading, tell the staff.
- Ask a family member or friend to be with you during your hospital stay or appointment. This person can help you learn information and ask questions.

Tell Us about Your Needs

- Tell your doctor or nurse right away if something does not feel right or if your condition changes.
- You will be asked about your health conditions, allergies and the medicines you are taking. You may need to tell more than one staff member.
- Tell the staff about special beliefs, customs or foods you should not eat to assist with your care.
- Give us a copy of your living will or Health Care Power of Attorney.
- Ask for an interpreter, if needed. This is a free service to you.

Noqo Wadaagaheenna loogu talagalay Daryeel Caafimaad oo Ammaan ah

Waxaa jira taxadar badan oo la qaatay si lagaaga dhigo mid ammaan qaba loogana hortago qaladaad inta aad heleysid daryeelka caafimaadka. Adiga iyo qoyskaagu sidoo kale gacan ayaad ka geysan kartaan.

Qayb ka Noqo Daryeelkaaga

- Qayb ka noqo go'aan qaadashada oo dhan. Xaqiiji in aad fahmayso aadna oggoshahay daryeelkaaga.
- Fadlan su'aalo weydii. Noo sheeg walaacaaga. Su'aalaha qor si aad u weydiiso marka uu takhtarkaagu uu ku soo booqanayo.
- Waxaad filataa war cad, oo fudud oo aad fahmi karaysid. Haddii aadan fahmin ama aad dhibaato ku qabto akhrinta, shaqaalaha weydii in ay mar kale kuu sheegaan. Xaqiiji in aad fahmayso wixii eray bixin caafimaad ah ama soo gaabin ah.
- Weydii xubin ka mid ah qoyska ama saaxiib inay kula joogaan ballanka isbitaalka. Qofkaas wuxuu kaa gargaari barashada macluumaadka iyo su'aal weydiinta.

Baahiyahaaga wax Nooga Sheeg

- U sheeg dhakhtarkaaga ama kalkaalisada waxii ka qaldan daryeelka caafimaadka ama haddii xaalkaagu isbedelo.
- Shaqaalaha wax uga sheeg waxyaabaha aad sida gaarka ah u rumeysan tahay ama caadooyinka daryeelkaaga ama cuntooyinka aadan cunin.
- Waxa lagu weydiin doonaa xaaladaada caafimaad, xasaasiyadaha iyo dawooyinka aad qaadato. Waxa laga yaabaa inaad u baahato inaad u sheegto in ka badan hal xubin oo shaqaalaha ka mid ah.
- Na sii nuqul ka sida aad dooneysid in aad u noolaatid ama Xeer Ilaaliyaha Awoodda Daryeelka Caafimaadkaaga.
- Weydiiso turjumaan. Kaasi waa adeeg aad bilaash ku heleyso.

Expect Good Care

- Make sure the staff introduces themselves and explains their roles.
- Make sure the staff checks your identification (ID) and asks your name before they give you medicine or provide care.
- The staff will check on you often and show you how to use the call light to ask for help. Expect the staff will respond quickly to call lights and alarms.
- Ask for help when getting out of bed or walking because the risk of falls may increase when you are ill, weak, confused or taking certain medicines.
- Do not be afraid to ask for another doctor to review your treatment options before making a health decision.

Prevent Infection

- Wash your hands with soap and water or use an alcohol based hand sanitizer to limit the spread of infection. Be sure your visitors also wash their hands when they enter or leave your room.
- Expect the staff to wash their hands before providing care. If you do not see the staff washing their hands, ask them to do so.
- Cough or sneeze into the bend of your arm, not your hands. If you have a tissue, cover your mouth and nose when you cough or sneeze. Throw the tissue away, and then wash your hands.
- Visitors should not visit you in the hospital if they think they are sick.
- To protect you or others from certain germs, you may be placed in “isolation”. A sign will be placed on your door. It will tell everyone what to do. Everyone who comes into your room may need to wear gloves, a gown and a mask.



Learn about Your Treatment

- Learn more about your condition and treatment choices. Ask for information in a language you can understand.

Daryeel Wanaagsan Filo

- Hubi in shaqaaluhu iskaa baray oo kuu sheegay doorka shaqadooda.
- Hubi inay shaqaaluhu fiiriyaan aqoonsigaaga (ID) oo ku weydiiyaan magacaaga ka hor intaanay ku siin dawadaada ama ku siin daryeel.
- Shaqaalaha ayaa kaa warhayn doona oo ku tusi sida loogu waco ee loo isticmaalo laydhka gargaarka. Filo inay ay shaqaaluhu si degdeg ah kuugu yimaadaan oo uga jawaabaan laydhka wicitgaanka.
- Ha ka cabsannin in aad weydiisato fikrad labaad dhkhtar kale si uu dib ugu fiiriyo ikhtiyaarada daaweyntaada kahor intaanad qaadan go'aan caafimaad.

Jeermis ka Hortagid

- Gacmo dhaqid ama isticmaalka aalkolada gacmaha jeermiga ka disha ayaa ah habka ugu wanaagsan oo lagu xadido faafidda cudurka. Hubi in booqdayaashu iyana dhaqaan gacmahooda marka ay qolka soo galaan iyo marka ay ka baxayaanba.
- Filo in shaqaaluhu ay gacmaha iska dhaqi doonaan ka hor inta aysan daryeel kuu qabannin. Haddii aadan arkin shaqaalaha oo gacmaha iska dhaqaynin, weydii in ay iska dhaqaan.
- Ku qufac laabatada cududaada aan ahayn gacmaha. Haddii aad xarqad haysato, ku dabool afkaaga iyo sankaga markaad qufacayso ama hindhisayso. Tuur xarqada oo dabeed maydh gacmahaaga.
- Booqdayaashu waa in aanay imaan cisbitaalka haddii ay u malaynayaan inay jirran yihiin.
- Si adiga iyo kuwa kaleba looga ilaaliyo jeermiska, waxa laga yaabaa in meel lagugu takooro. Calaamad ayaa la saari doonaa albaabkaaga. Waxay u fari doontaa qofkasta sida uu yeelayo marka uu qolkaaga soo galo. Qof kasta oo qolkaaga yimaadaa waa inuu soo xidho galoofyo iyo afqaiye iyo toob.



Wax ka Baro Daaweyntaada

- Wax badan ka baro xaaladdaada iyo kala doorashada daaweyntaada. Weydiiso war luqaddaada ku daabacan.

- Before your test, procedure or surgery, make sure you understand how to prepare and what to expect before, during and after your treatment.
- Read all consent forms before signing to make sure you know what you are agreeing to. If you have questions, ask the staff to explain.
- Get the results of any test or procedure. Find out what the results mean for your care.

Test, Surgery or Procedure

- Your surgery site will be marked before your surgery.
- The team will talk about a procedure before it happens to make sure they are doing the correct procedure at the correct site on the correct person.
- To prevent infection:
 - ▶ You may be asked to shower or cleanse your skin with a special soap before surgery.
 - ▶ The hair in the area of the surgery site may be clipped before surgery.
 - ▶ You may be asked to take an antibiotic before and after surgery.
 - ▶ A catheter, IV and/or breathing machine will be checked closely by staff for signs of infection so that it can be treated promptly. These tubes will be removed as soon as possible.
 - ▶ Follow your doctor's orders about deep breathing, coughing and getting out of bed. These can help prevent pneumonia, an infection of the lungs.

Discuss Your Medicines

- Always carry a list of the medicines that you take. Be sure to include any over the counter medicines, vitamins, herbs, teas and home remedies you use.

- Ka hor Baaritaan, hab daaweyneed ama qalliin, xaqiiji in aad fahmeyso waxa ay tahay in la sameeyo iyo waxa aad u baahan tahay in aad sameyso ka hor iyo ka dibba.
- Natijada wixii baaritaanno ah ama habab daaweyn ah soo qaado. Ogow waxa ay natijoooyinku ka tarayaan daryeelkaaga.
- Hel natijada baadhitaanada iyo faxasyada. Ogow natijoooyinku macnaha ay u leeyihiin daryeelkaaga.

Baadhitaan, Qalliin ama Camaliyad

- Goobta qalliinkaaga waa la sii calaamadyn qalliinka kahor.
- Kooxda ayaa ka hadli camaliyadda kahor inta aanay dhicin si ay u hubiyaan inay qabanayaan camaliyaddii saxa ahayd iyo qofkii habboonaa.
- Si loo ilaaliyo infekshan:
 - ▶ Waxa laga yaabaa in lagu weydiiyo inaad ku qubaysato ama nadiifiso maqaarkaaga saabuun gaara kahor qalliinka.
 - ▶ Timaha jiidada qalliinka waxa laga yaabaa in la jaro ka hor qalliinka.
 - ▶ Waxa laga yaabaa in lagu weydiiyo inaad qaadato antibaayootig ka hor iyo kadib qalliinka.
 - ▶ Tuunbo “catheter”, faleebo iyo/ama mashiinka neefsiga waxa si dhaw u hubin doonaa calaamado infekshan si markiiba loo daweyyo. Tuunbyinkaas waxa loo saari si dhakhso ah.
 - ▶ Raac fariimaha dhakhtarkaaga ee xoog u neefsiga, qufaca iyo ka kicista sariirta. Kuwaasi waxay kaa gargaari doonaan kahortagga oof-wareenka (kolba aariyada), jirro ku dhacda sanbabada.

Daawooyinkaaga Wada Hadal ka yeelo

- Mar walba wado taxanaha (liiska) daawooyinka aad qaadato. Xaqiiji in aad ku soo darto wixii daawooyinka si toos ah aad u soo iibsato, fitamiinno, daawo geedood, shah iyo fayodhowrka guriga aad ku isticmaasho.

- Let your doctors and nurses know of any allergies you have to medicines or foods, including over the counter products. Let them know of any reactions or side effects you have had.
- Learn what your medicines are for before taking them. If you are not sure what medicines you are being given, ask your doctor, nurse or pharmacist. Have them explain what the medicines are for before taking them. The medicines you take in the hospital may have a different name or look different from what you take at home.
- If you have any side effects after starting a medicine, tell your nurse, doctor or pharmacist.

Report Concerns

- If you have ideas to improve your care or to make it safer for you and other patients, please let us know. We will work to resolve your concern.
- If you still have concerns, you may contact:
 - ▶ Your local health department. For the Ohio Department of Health, call the Health Care Facility Complaint Hotline at 1-800-342-0553 or write to them at 245 N. High Street, Columbus, OH 43215.
 - ▶ The Joint Commission at complaint@jointcommission.org or call 1-800-994-6610.

If you have any questions about any of your care after you get home, call your doctor.

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- Takhaatiirtaada iyo kalkaalisoooyinkaaga u oggolow in ay ogaadaan wixii xajiin ah ee aad ka qaaddo daawooyinka ama cuntooyinka, marka lagu daro waxyaabaha sida tooska ah aad isaga soo iibsato. Ogeysii nooca fal celinta ah ama saameynta liddiga ah ee aad qabto.
- Haddii aadan hubin waxa ay yihiin daawooyinka lagu siiyey, weydii waxa ay yihiin iyo waxa loogu talagalay ka hor inta aanad qaadan. Daawooyinka aad ku qaadato isbitaalku waxaa laga yaabaa in ay ka duwan yihiin ama u eg yihiin kuwo ka duwan waxa aad guriga ku qaadato.
- Haddii aad ogaatid wax saameyn liddi ah oo cusub markaad daawada billowdo ka dib, u sheeg kalkaalisadaada, takhtarka ama farmashiistaha.

Sheeg wixii Walaaca Ah

- Haddii aad hayso fikrado lagu hagaajinayo daryeelkaaga ama si ammaan ka dhigaya adiga iyo bukaanka kaleba, fadlan na ogeysii. Waxaan ka shaqayn doonaa si aan u xallino walaacaaga.
- Haddii aad weli qabto walaacyo, waxaad la xidhiidhi kartaa
 - ▶ Waaxd acaafimaadka ee degaankaaga. Waaxda Caafimaadka Ohio , wac Goobta Dryeelka Caafimaadka, Khadka Cabashada ee 1-800-342-0553 ama u qor 245 N. High Street, Columbus, OH 43215.
 - ▶ The Joint Commision [ee complaint@jointcommission.org](mailto:ee_complaint@jointcommission.org) ama wac 1-800-994-6610.

Wac dhakhtarkaaga haddii aad wax su'aalo ka qabtid daryeelka kadib markaad guriga tagto.

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Be Our Partner. Somali