

# Healthy Me



**SL** SALT LAKE COUNTY

## DocTalk

### Patient Safety

March 16, 2016

# The Cost of Mistakes

## The Costs of Mistakes

- The Institute of Medicine estimates 44,000 to 98,000 deaths occur each year due to medical errors
- An additional 100,000 deaths occur each year from hospital-acquired infections, half of which were preventable
- Probability of a patient dying in a hospital due to an human error is 1 in 300.

# You can get better care when you know more

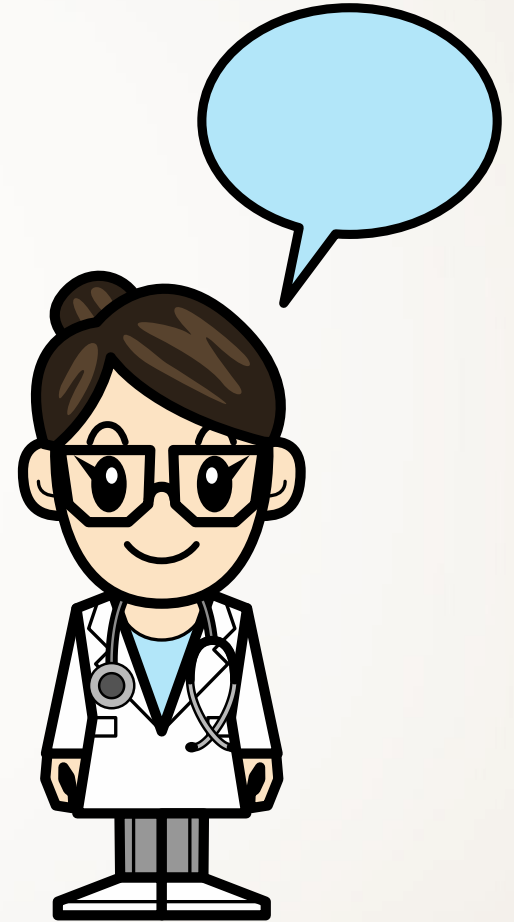


Being informed helps you make smarter choices:

- The right care
- Better results

# Your relationship with your doctor is key

- It is a partnership
- Come prepared to your visits
  - Medications
  - List of questions
  - Paper and pen
  - Bring a family member or friend
- Talk to your doctor—speak up!
  - Ask questions
  - Get clarification



# Don't be afraid to say "Whoa!"

## Ask questions:

- Do I really need this test or procedure?
- What are the downsides?
- Are there simpler, safer options?
- How much does it cost?



# Imaging and screenings

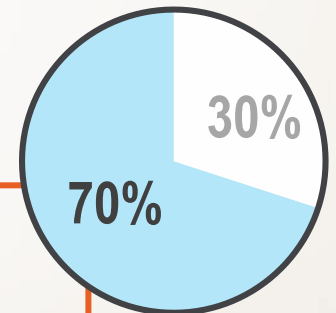
- Know the facts
- How does it relate to your symptoms, care or disease
- Share your results with your doctors



# A little prevention goes a long way

- Lifestyle choices have the largest impact on your health
- Taking care of yourself prevents health problems and saves you money
- Simple actions
  - Maintain a healthy weight
  - Pay attention to how you feel
  - Take action when you sense something is wrong
  - Get regular health care checkups and screenings

70% of diseases are preventable



Questions?



# HealthyMe Medical Clinic

- Location:
  - SLCo Government Center
  - South Building; 2<sup>nd</sup> floor; S2-500
- Hours:
  - Monday – Friday, 9 am – 6 pm
- To schedule an appointment:
  - 385-468-0555

