

SAFE HEALTH LIBRARY



PATIENTS FOR PATIENT SAFETY FOUNDATION

July 2026 Edition

My Health, My Responsibility

About Us:

Patients For Patient Safety Foundation is a not-for-profit Registered Trust working with the patient community and healthcare providers across India.

Our vision is a healthcare ecosystem where every patient and caregiver is well-informed, actively engaged and confident in their ability to navigate their health journey.

Our mission is to create awareness with reliable safe health education, for enhancing patient safety and reducing avoidable medical harm by involving patients, families and communities with support from healthcare providers.

My Health, My Responsibility

WHAT WE DO

We make health information simple, reliable and actionable for patients, families and communities.

WE:

- Create awareness about symptoms, risks and early detection.
- Provide practical information for prevention and safer health
- Help patients and caregivers understand their role in healthcare
- Promote better patient–healthcare provider conversations
- Work with healthcare providers to strengthen patient engagement

SAFE HEALTH LIBRARY

What is it?

The Safe Health Library is a free patient education resource that provides simple, reliable, and expert-reviewed health information for preventing medical harm and improving safe health outcomes. Designed for the Indian healthcare context, it helps patients and families/ caregivers to make timely health decisions.

WHAT YOU CAN FIND

- Prevention & Protection Practices
- Disease & Organ-Specific Topics
- Age & Gender-Specific Issues
- General Health Literacy

HOW WE REACH PEOPLE

Through



Newsletters



Infographics



Videos



Podcasts



Checklist



Flipbooks



Hospital Toolkits



Manuals



Publications

Reaching Patients & Families – Multi Channel Approach



Direct

- Website
- Conferences & Webinars
- Social Media
- Mailers
- Media



Through Partnerships

- Corporates,
- Trade Associations
- Civic bodies
- Patient Support Groups
- Educational Institutions



Healthcare Ecosystem

- Hospital/ Labs
- NABH/QAI/QCI
- Health Associations - CAHO, AHPI
- Doctors/ Physicians
- Nurses, Non-Clinical



**Weekly Emailers on
health topics**



**Mobile Friendly
Information via
WhatsApp**



**Health Library QR
Codes**



**Weekly Social Media
updates**

Prevention & Protection Practices

Causes of Avoidable Medical Harm



Ignoring Early Symptoms



Diagnostic Errors



Medication Errors



Procedural Errors



Infections & Complications



Communication Failures



Monitoring Lapses & Negligence in Post-Care



System & Administrative Errors

If You Notice These Harms - Tell Your Doctor Immediately!

How Patients and Caregivers can Help Healthcare

Active Involvement : Ask Questions



Give accurate medical history and information



Know and Follow their Medications



Understanding Treatment Plans



Report mistakes, unusual symptoms or concerns



Seek a second opinion when unsure



Unsure or Noticed an Error? Ask Your Doctor at Once!

How Patients can Prevent Errors in Diagnosis



Provide Self/Family Medical History



Communicate honestly with Doctor



Maintain Medical Records in order



Clarify Doubts, Seek Second Opinion



Undergo Prescribed Diagnostic Tests



Verify your Information



Avoid Self-detection/ Self-treatment



Beware of Non-qualified Doctors

Your Awareness Ensures Safer, Accurate Diagnosis!

Aware Patients Can Improve Patient's Safety



Keeping Track of Symptoms



Providing Complete Information



Keeping Updated Medical Records



Asking Questions and Clarifying Doubts



Understanding and Following Prescriptions



Seeking Second Opinion if in Doubt



Participating in Care Decisions



Providing Valuable Feedback

Patient Awareness, Alertness, and Involvement can Prevent Harm

Preparation Before Visiting a Doctor



Jot down symptoms in detail



Prepare Questions/ doubts



Show previous prescriptions, latest test reports and current medications



Share any allergies and family history



Plan for adequate time, Take along a caregiver

Plan Ahead to Save Time, Stress and Confusion!

Common Medication Errors



Prescribing Errors

Wrong medication, dosage or intake instructions



Dispensing Errors

Wrong medicine, change in brand, salt or dose by the chemist or nursing staff.



Wrong Use & Route of Administration

Incorrect method or timing of intake. Never self-medicate or share medicines.



Overdose and Underdose

Taking too much medicines for too long or too little and stop short



Adverse Multiple Drug Interaction

When multiple medications interact to cause adverse reaction



Monitoring / Follow-up Errors

Failure to report side effects, poor monitoring or incomplete treatment

Notice Any Error? Report to Your Doctor Immediately!

Tips For Medication Safety



Follow instructions in prescriptions



Verify name, check expiry date



Inform doctor all medication & allergies



Buy from same pharmacy



Maintain stocks of regular medicines



Avoid sharing meds or prescription



Do not self medicate



Organize your doses

Spotted a Mistake? Inform Your Doctor Immediately!

Tips to Safeguard against Spurious Medicines



Buy from licensed and reputed pharmacies to ensure safe and genuine medicines



Beware of unusually low prices, they could signal counterfeit or unsafe medicines



Verify details of the manufacturer, batch number, expiry date and QR codes



Watch out for tampered packing, broken seals and poor packing



Insist on GST bill with full details including batch number etc.



Reconfirm with doctor if an alternative brand / equivalent medicine is offered

Be Aware — It's Not Always Easy To Spot Mistakes!

When to Seek a Second Opinion



When major surgery or long-term treatment is advised



If you feel rushed, pressured, or uncertain about a medical decision



When diagnosed with a serious or life-altering condition



If you have doubts or concerns about treatment plan



When your current treatment isn't working or symptoms persist



If there are multiple treatment options and need confirmation

Take Control of your Health with Clear Information!

Understand Your Discharge Summary

Discharge summary is a snapshot of your hospital care and helps you manage your health after leaving the hospital.



Quick Checks for Patients at Discharge

- ✓ Confirm your personal details are correct.
- ✓ Understand your condition and treatment
- ✓ Understand how and when to take each medication.
- ✓ Collect your all test reports, prescriptions and discharge documents.
- ✓ Keep your hospital bills, insurance papers and medical certificates securely.
- ✓ Be aware of follow-ups, warning signs
- ✓ Keep your doctor's number, hospital helpline and nearby emergency contact handy.

Tips

- Ask your doctor if something is unclear.
- Keep a copy for future reference.
- Share this information with your family or caregiver.

Keep Your Summary Safe And Share Key Info With Family!

Checklist During Discharge

To be Used by Healthcare Providers



This checklist focuses on what the **patient must do or avoid after discharge** from the hospital, at home, to stay safe and recover well. This is clinical in nature and tailored to patient recovery and safety at home.

Post-discharge Home Precautions Checklist

- ✓ Signs/symptoms to watch out for and when to report in emergencies(e.g., fever, breathlessness, swelling)
- ✓ How and when to take medication reconciliation
- ✓ Dos and Don'ts
- ✓ Dietary Instructions and Hydration
- ✓ Wound care and device care instructions
- ✓ When to resume physical activity, rest, exercise and ambulation
- ✓ Restrictions/ Resumption on travel, work, or lifting weights
- ✓ How to monitor general vitals (BP, blood sugar, etc.), disease-specific repeat test
- ✓ Instructions for caregiver involvement

Be Prepared for Safe Recovery at Home

Benefits of choosing an Accredited Hospital



Ensures trained staff & professionals



Standardised process & patient-centric



Calibrated medical equipment



Higher quality of care



Transparency & clear communication



Improved on patient safety



Easier insurance claim



Increased trust and credibility



Continuous improvement

For Safer Treatment — Choose Accredited Hospitals!

MRI Scan: Precautions to be Taken



Disclose any implants, devices, or patches



Remove all metal objects: jewellery, watches



Inform doctors if pregnant, have kidney problems, or allergies



Share any history of claustrophobia or anxiety

Stay safe—follow MRI precautions before your scan!

CT Scan Precautions

What You Must Know Before Your Scan



Inform about pregnancy and breastfeeding



Remove metal objects. Jewellery, glasses, or metal accessories



Inform any allergies. If a contrast dye is used



Fasting may be required if contrast dye is used



Always inform your doctor about your medical history

Follow these CT scan precautions for a safe test

Signs and Symptoms of Infection



Fever, chills, and unexplained fatigue or weakness



Cough, sore throat, runny nose, or nasal congestion



Diarrhoea, vomiting, or other digestive disturbances



Redness, swelling, pain, or warmth in a specific area of the body



Burning sensation, pain, or discomfort during urination



Skin rashes, sores, or other unusual changes in the skin

Spot the Signs Early—Act Before Infection Spreads!

Hospital-Acquired Infections Warning Signs

A sudden fever or chills



New redness, swelling, pain or fluid leakage around a surgical wound or IV site.



A new cough, chest discomfort or difficulty breathing.



Pain, burning or increased frequency when passing urine.



New onset of diarrhoea or severe abdominal cramping.



Spot the Signs Early. Report Symptoms Without Delay

How to Prevent Wound Infections

- Clean hands before wound care 
- Keep dressings undisturbed 
- Avoid touching or scratching wound 
- Take medications as prescribed 
- Follow doctor's instructions 

Warning Signs to Watch

- ✓ Fever or chills & Increased pain
- ✓ Increasing redness, swelling/ warmth
- ✓ Pus, discharge, or bad smell
- ✓ A wound that is not healing



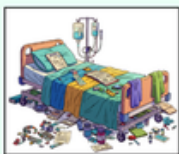
Daily care supports healing

How Can We Prevent Infection Diseases



Consult Your Doctor And Get Vaccinated To Stay Protected!

How can Patients prevent falls in Hospital



Stay Alert- Do Not Rely Only on Staff for Safety!

Prevent Falls at Home

Install handrails on sides of all staircases and ramps at the entrance steps



Install grab bars near toilet, shower area and wipe spillage on floor

Remove obstacles such as cables, foot mats and carpets



Ensure night lights in and easy to reach switches or lamp

Keep frequently used items in easily reachable places



Use walker/ cane.
Have call bell for help

Be Cautious, Stay Balanced — Your Safety Matters Most!

Essential First Aid Kit Supplies



Cotton balls	Sterile gauze	Soft towel	Stretch bandage
Band-aid	Non-stick gauze	Thermometer	BP Instrument
Hand Sanitizer	Cold gel pack	Petroleum jelly	Oral Rehydration Salts ORS
Disposable glove	Antiseptic solutions	Antihistamine Allegra 120, Avil 25	Pain reliever/ Paracetamol
Scissors, tweezers & safety pins	Mepore bandage, adhesive tape	Glucometer diabetes	Aspirin, Sorbitrate (heart)

Stay Prepared — Keep Emergency Numbers Accessible Everywhere!

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What to do in Case of Stroke

Symptoms



Sudden numbness or weakness on one side of the face, arm or leg



Problems seeing in one or both eyes



Confusion or trouble speaking or understanding speech



Trouble walking or loss of balance

Who is at risk

- Being overweight or obese
- Diabetes, high blood pressure, high cholesterol
- Physical inactivity. Smoking
- Older age and family history

During a Stroke, Every Minute Counts

- Alert someone nearby immediately & call for help
- Stay where you are to avoid falls. Sit or lie down
- Do not eat, drink, or take medicine
- Call an advanced life support ambulance
- Note the time when symptoms first appear
- If ambulance is delayed, drive the patient to the hospital
- Alert the emergency department in advance

There is no home treatment for strokes. ACT FAST

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What to do in case of Choking

Give 5 Back Blows with heel of your hand between the shoulder blades



Give 5 abdominal thrusts- wrap arms around waist, tight fist, pull inward and upward



Alternate between 5 blows and five thrusts until the blockage is forced out



If alone & choking

Use your fist above your belly button, grasp it, bend over a chair/table and push your fist inward, upward & cough up



Choking Can Be Fatal — Stay Alert, Act Fast!

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What to do in case of Cardiac arrest

Cardiac arrest is when the heart suddenly or unexpectedly stops beating due to an irregular heart rhythm.

Symptoms to Watch Out



Shortness of breath



Fatigue or weakness



Palpitations



Loss of consciousness



Sudden collapse



No pulse

How to Respond

- Alert someone nearby immediately
- Stay calm, do not panic, lie down & loosen clothes
- Quickly assess if the person is breathing and has a pulse. If not, proceed to start CPR
- Alert emergency services or drive the person to the nearest hospital where cardiac health facilities are available.

Not all cases of cardiac arrest can be prevented, managing risk factors can significantly reduce the likelihood

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What to do in Case of Heart Attack

Anyone can have a heart attack, but the risk is higher if you have diabetes, high blood pressure or high cholesterol, are overweight or have a family history of heart disease.

Symptoms to Watch Out



Pain in chest, neck, jaw, shoulder



Left arm pain



Shortness of breath or rapid heartbeat



Fatigue



Cold sweat



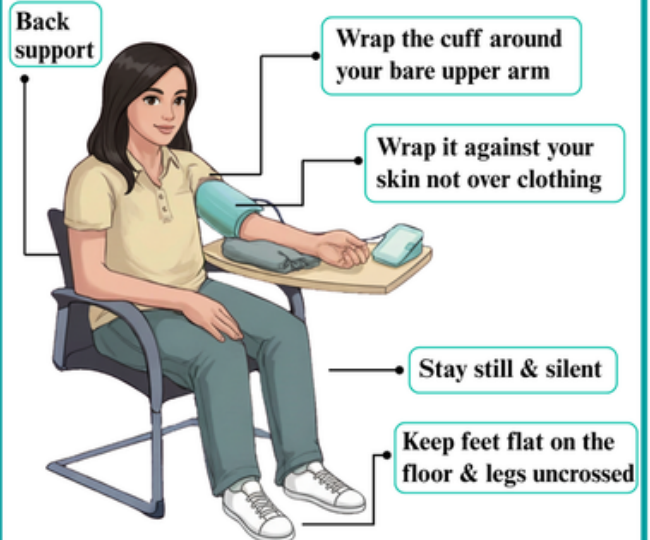
Nausea or lightheaded

How to Respond

- Alert someone nearby immediately
- Stay calm, do not panic, lie down & loosen clothes
- Swallow aspirin if not allergic to it
- Do not wait to see if symptoms go away
- Call Cardiac Ambulance & explain the symptoms
- Do not drive yourself

Often, a heart issue is mistaken for heartburn or gastric issue, and delay could lead to serious consequences & delayed treatment.

How to Measure BP Correctly

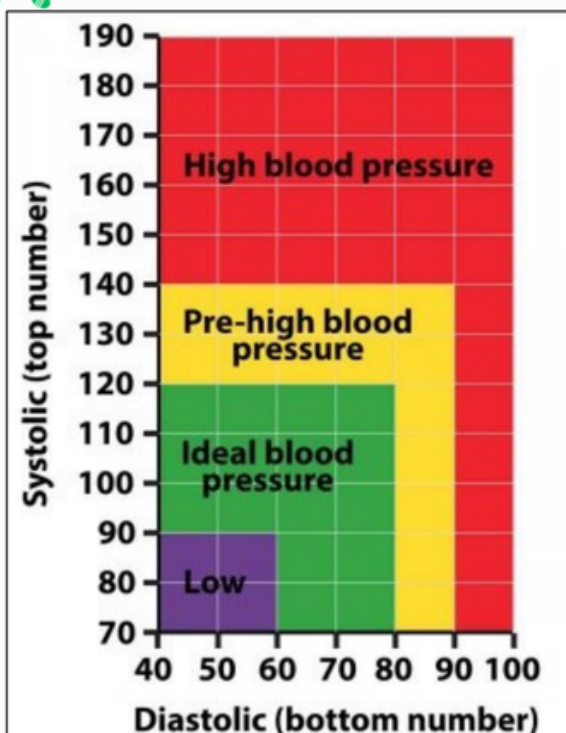


Before Checking BP:

- Relax for a minute
- Avoid smoking, alcohol, or exercise 30 mins before
- Check at the same time daily for accuracy

Not Just Medication — Regular BP Monitoring is Important!

Blood Pressure Chart



Double Check Your BP Before It Checks You

Preventive Health Checkups- Detect Early

70% of individuals who underwent preventive health checkups had potential health issues identified that they were not aware of.



When to Start

Regular check-ups vary by age, gender, and risk factors.

Common tests/ Consultations

- Complete Blood count, detection
- Heart health, including cholesterol
- Ultrasonography of the abdomen
- Liver and kidney function
- Cancer screening (Common)
- Eye / ENT/ Dental

Keep Medicines Safe At Home



**Retain original
packing & labels**



**Store in cool & dry
accessible place**



**Organize them
label by purpose**



**Keep essential
First-Aid kit**



**Safely dispose off
expired medicines**



**Keep out of reach
of children**

Store Smart, Stay Safe—Make Medicine Safety a Habit!

Warning Signs of Blood Thinners



**Bleeding from a cut or
wound that does not stop
after applying firm pressure**



**Sudden severe headache,
weakness, confusion, trouble
speaking or dizziness**



**Blood in your
urine or stool**



**Coughing up blood or
vomiting blood**



**Large, unusual or
unexplained bruises**



**Nosebleeds or bleeding from
the gums that do not stop**

Do Not Wait for It to Become an Emergency!

Tips to Manage Medicines While Traveling



**Take adequate
stocks of medicines**



**Keep most of medicines
in carry-on luggage**



**Adjust Medication
schedule to time zone**



**Carry your
prescription & reports**



**Take travel
Insurance**



**Consult your doctor
for precautions**

Travel Safe, Stay Healthy — Manage Medicines Smartly!



**Infection-Free Starts
with Clean Hands**

Why Adults Need Vaccination



-  Immunity decreases with age some diseases happen more to adult
-  Increasing infections & diseases/ pathogens
-  Preventing geographic region-specific diseases
-  Newer more effective vaccines for diseases
-  Preventing against some cancer
-  Travel related risks



Consult Your Doctor and Get Vaccinated!

Be Prepared For Emergencies

Keep the following list handy:



- Doctor's Name & Contact No.
- Your Blood Group
- Family & Neighbour Contacts
- Local Emergency Services Nos.
- Ambulance No
- Hospital Name & Patient ID
- Location of Your Medical File

 Place this chart on your Refrigerator / TV / Visible Spot

 Keep entrance door keys with a trusted neighbour

Stay Prepared — Keep Emergency Numbers Accessible Everywhere!

Dog Bite Prevention



Always ask permission before petting an unfamiliar dog



Do not bother a dog when it is eating, resting or caring for puppies



Always supervise children when they are around dogs



Do not yell or scream when greeting a dog, use your normal voice



Recognizing warning signs: growling, exposed teeth, tense lips or facial muscles, raised hair on back

Prevention of Liver Diseases (Hepatitis & Cirrhosis)



Get vaccinated for Hepatitis A and B infections



Reduce alcohol intake and avoid intoxicants



Maintain a healthy weight



Take medications only as prescribed



Practice safe intimacy habits



Clean water and Food



Use sterile needles and own razor/ toothbrush



Wash hands with soap regularly



Do regular health check-ups

Healthy Choices Today — Protect Your Liver for Life!

Disease & Organ-Specific Topics

Influenza (Flu)

Contagious viral infection of the respiratory system that spreads mainly through droplets from coughing, sneezing or talking. Symptoms usually appear suddenly and can range from mild to severe.



Symptoms

- Sudden high fever and chills
- Severe headache, muscle and joint aches
- Sore throat and difficulty swallowing
- Runny or blocked nose
- Cough (dry or productive)
- Extreme tiredness or fatigue

Who is at risk?

- Young children and elderly
- Pregnant women
- People with chronic illnesses & weak immune systems
- Healthcare workers and caregivers frequently exposed to patients

Preventive Measures

- **Do not ignore symptoms.**
- Wash hands frequently with soap and water or use alcohol-based hand rub.
- **Cover** your mouth and nose when coughing or sneezing.
- Avoid close contact with sick people.
- **Stay** home if you are unwell to prevent spreading the infection.
- **Get** the seasonal flu vaccine, especially if you are at high risk.



Dengue

Mosquito-borne viral infection spread mainly by *Aedes aegypti* mosquitoes. A person can get dengue more than once and severe cases may lead to life-threatening complications.



Symptoms

- High fever (sudden onset)
- Severe headache and pain behind the eyes
- Muscle and joint pain
- Nausea or vomiting
- Skin rash appearing 2–5 days after fever onset
- Bleeding gums, nosebleeds, or easy bruising (in severe cases)

Who is at risk?

- People living in or travelling to dengue-prone areas
- Individuals with weak immune systems
- Children and elderly
- People who have had dengue before (higher risk of severe dengue)



Preventive Measures



- Remove stagnant water from your home and surroundings
- Sleep under a mosquito net, if possible
- Wear long-sleeved shirts & pants
- Use mosquito repellent, insecticide sprays or coils
- Minimise outdoor activities during peak mosquito-biting times (early morning and sunset)

High Blood Pressure

High blood pressure (hypertension) occurs when the force of blood against artery walls stays **higher than normal (120/80 mmHg)**, making the heart work harder to pump blood. It commonly results from poor diet, inactivity, obesity, stress, smoking, and family history. It often has **no symptoms**, that is why it's called a **"Silent Killer."**



Symptoms:

- Chest pain or trouble breathing
- Irregular heartbeat
- Nausea or nosebleeds
- Blurred vision or ringing in the ears
- Severe headache or feeling dizzy
- Restlessness, anxiety or confusion

Dangers:

- Heart attack and stroke
- Heart failure
- Kidney damage
- Vision problems or blindness
- Brain bleeding (haemorrhage)
- Sexual health issues and complications during pregnancy



Prevention and Management:

- **Do not ignore symptoms**
- **Check your blood pressure regularly**
- **Reduce** salt in your diet & Maintain a healthy weight
- **Walk** or do light exercise for 30 minutes daily
- **Eat** a balanced and fresh diet include fruits, vegetables and low-fat foods
- **Reduce** stress – practice yoga, meditation and get proper sleep
- **Avoid** smoking and alcohol
- **Take** medicines only as advised by your doctor and keep up with follow-ups



Diabetes

Diabetes is a condition where the **sugar (glucose) level in the blood** becomes higher than normal. It may arise due to an unhealthy diet, physical inactivity, obesity, stress or a family history of diabetes. Symptoms can vary depending on the type and severity of diabetes. **Some people may not notice any symptoms.**



Symptoms:

- Frequent urination, feeling very thirsty & tiredness
- Increased hunger but losing weight
- Blurred vision
- Frequent infections
- Tingling or numbness in hands and feet
- Irritability and itchy skin

Dangers:

- Heart disease, stroke, and high blood pressure
- Kidney problems
- Vision problems (can lead to irreversible loss)
- Nerve damage causing numbness or infections in hands and feet
- Delayed wound healing, leading to ulcers or amputation



Prevention & Management:

- **Do not ignore symptoms and get your blood sugar checked regularly**
- **Eat** a balanced diet of fibre, whole grains, fruits, protein and vegetables
- **Engage** in regular physical activity and get adequate sleep
- **Avoid** tobacco and limit alcohol
- **Maintain** a 4-5 hour gap between each meal
- **Wash** your feet in warm (not hot) water & monitor them regularly.
- **Take** medicines only as prescribed by your doctor



Disease & Organ-Specific Topics



Symptoms of Urinary Tract Infections

- **Burning/ Pain while urinating**
- **Frequent urge to urinate. Passing small amounts**
- **Cloudy, hazy, or discolored urine**
- **Lower abdomen / pelvic pain**
- **Fever in some cases**



Early treatment can prevent serious complications

Symptoms of Chronic Kidney Disease (CKD)



Swelling in the feet, ankles, hands or face



Dry or itchy skin



Muscle cramps, especially at night



Nausea, vomiting or a poor appetite



Changes in urination, foamy urine or blood in the urine



Breathlessness or persistent high blood pressure

Early Detection Saves Kidneys—Act Before It's Too Late

Symptoms Women Should not Ignore

Changes in breast tissue, including lumps or nipple discharge



Changes in menstrual cycle: Irregular periods, & unusually heavy or painful periods



Pelvic pain or discomfort, if unrelated to menstruation



Constant fatigue accompanied by weakness, & lack of energy



Persistent joint pain or swelling, if it interferes with daily activities



Frequent urination may be indicative of UTIs or other bladder issues



Vaginal bleeding after menopause & Unexplained weight loss



Chest pain or discomfort which can indicate heart disease



Do Not Ignore Symptoms -Talk to Your Doctor!

Watch Out for Women's Health Issues



Adolescence (Teenage years)

- Irregular periods
- PCOS
- Eating disorders
- Mental health



Reproductive Years (mid-40s)

- Fertility concerns/ pregnancy complications
- Cervical & breast cancer risks
- Stress & mental health issues



Midlife & Menopause (Mid-40s to 60s)

- Hormonal changes.
- Osteoporosis
- Cardiovascular disease
- Weight gain & metabolic changes



Older Adulthood (65+ years)

- Osteoporosis & fracture risk
- UTI
- Cardiovascular disease, cognitive decline, dementia/ Alzheimer's
- Mental health



Schedule Regular Check-Ups, Screenings & Vaccinations

Disease & Organ-Specific Topics

Symptoms of PCOS



Irregular periods



Abnormal hair growth



Acne



Obesity



Darkening of the skin



Infertility



Thinning hair

Act Now to Prevent Cancer



Prioritize early detection through routine screenings.



Avoid tobacco and limit alcohol consumption.



Maintain a healthy weight—stay physically active and include exercise in your daily routine.



Eat a balanced diet rich in fresh fruits and vegetables; avoid fast food.



Get vaccinated against HPV and Hepatitis B.



Practice safe sex—avoid multiple partners, early marriages.



Minimise radiation exposure—avoid unnecessary X-rays without medical advice.



Minimise the sun exposure - use sunscreen and sun glasses

Healthy Habits & Regular Check-ups Prevent Cancer!

Common Cancers in Women

Breast Cancer Symptoms

- Lump in the breast or lymph nodes
- Changes in size, shape
- Unusual pain/discharge



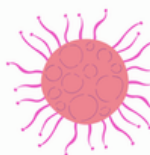
Cervical Cancer Symptoms

- Abnormal bleeding
- Pelvic pain
- Unusual discharge



Ovarian Cancer Symptoms

- Abdominal swelling
- Pelvic pain
- Frequent urination
- Changes in bowel habit



Get Regular Checkups & Recommended Cancer Screening & Tests Such As HPV, PAP, & Mammography!

Cervical Cancer

4th most common cancer globally



Symptoms

- Bleeding between abnormal or heavier & longer periods
- Watery vaginal discharge
- Post-menopausal vaginal bleeding
- Pelvic pain or pain during intercourse.



Who is at Risk?



- Women with HIV
- Early sexual activity or multiple partners
- Long-term birth control use
- Having 3+ full-term pregnancies
- Weakened immune

Preventive Measures

- Get HPV vaccine
- Limit sexual partners
- Regular check-ups & Pap Smear

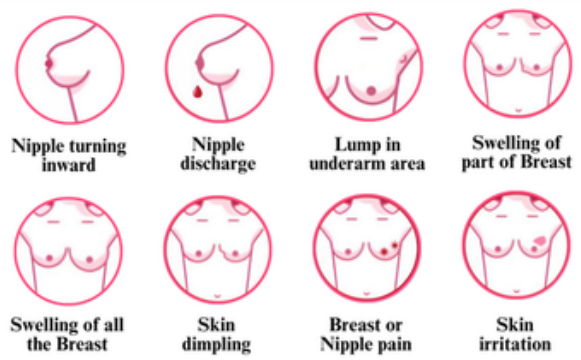
Screen, Vaccinate And Stay Protected Against Cervical Cancer!

Disease & Organ-Specific Topics

Breast Cancer: Early Detection Saves Life

Breast cancer is the most common cancer in Indian women, accounting for nearly 1 in 4 cases.

Symptoms of Breast Cancer



- Nipple turning inward
- Nipple discharge
- Lump in underarm area
- Swelling of part of Breast
- Swelling of all the Breast
- Skin dimpling
- Breast or Nipple pain
- Skin irritation

Who is at Risk?

- Early menstruation & late menopause (after age 55)
- Family history of breast or ovarian cancer
- 50 years old or older
- Previous radiation treatments

Detection

- Regular self-breast examination
- Mammography screening
- Breast Ultrasound
- Tissue Biopsy

Spot The Signs, Detect Early — Cancer Is Treatable!

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Lung Cancer

Uncontrolled growth of abnormal cells in the lungs, leading to the formation of tumours or masses of tissue.



Symptoms

- Persistent cough that lasts over 3 weeks
- Chest pain, discomfort or Shortness of breath
- Coughing up blood
- Loss of appetite or unexplained weight loss and fatigue

Who is at risk?

- Smokers & second hand exposure
- Exposure to harmful chemicals dust or fumes
- Family history or people over 60
- Having lung diseases such as COPD, TB, Fibrosis.

Preventive Measures

- **Do Not Ignore Symptoms.**
- **Quit smoking and avoid exposure** to second-hand smoke.
- **Limit exposure** to harmful substances or pollution at work
- **Get regular screenings** if you are at high risk (e.g., long-term smokers).
- **Stay active** and maintain a healthy diet.

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Prostate Cancer

Prostate cancer is one of the most common cancers among men. Some types of prostate cancer are slow-growing, while others can be aggressive.

Symptoms

- Increased frequency or urgency of urination, especially at night
- Weak or incomplete urine stream
- Pain during ejaculation, blood in urine or semen
- Pain in the back, hips, or chest
- Unexplained weight loss and persistent fatigue
- Weakness in the legs or feet

Who is at risk?

- **Age:** risk increases after 50 years, most cases occur after 65
- **Family history**
- Exposure to toxins, pesticides or chemicals
- Chronic infections or prostatitis
- Smoking, obesity and possible link to STIs

Preventive Measures

- **Maintain** a healthy weight with balanced nutrition and exercise
- Limit **red meat**, dairy, and processed foods
- Avoid **smoking & limit alcohol** intake
- Protect against infections like STIs and prostatitis
- Regular **PSA screenings** for men over 50 or with a family history

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Oral Cancer

Oral cancer, also commonly known as mouth cancer, affects different parts of the oral cavity including the lips, tongue, throat and sinuses. It can start as a small sore, lump or ulcer that does not heal.

Symptoms

- Persistent sores or ulcers in the mouth that do not heal soon.
- Pain and swelling in the neck, ear, or a persistent sore throat
- White or red patches on the gums, tongue or inside the mouth
- Loose teeth or changes in dental fit
- Difficulty chewing, swallowing, speaking, or moving the tongue
- Unexplained bleeding in the mouth
- Hoarse voice and excessive salivation

Risk factors?

In your control:

- Chewing or smoking, tobacco, excessive alcohol consumption
- Prolonged sun exposure to the lips
- Poor oral hygiene and unhealthy diet

Not in your control:

- Family history of oral cancer
- Age (40+ years) & male gender
- Weakened immune system
- HPV (Human Papillomavirus) infection

Preventive Measures

- **Avoid tobacco & limit alcohol**
- Maintain **oral hygiene** & visit the dentist regularly
- Get **vaccinated** for HPV & Hepatitis B
- Early detection through routine screening

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Disease & Organ-Specific Topics

How to Ensure Mental Wellness?



Eat regular and nutritious meals, exercise daily and get enough sleep.



Spend time outdoors and connect with nature.



Practise relaxation techniques and try to avoid stressful situations.



Getting 7-8 hours of good sleep every night helps reduce mental fatigue.



Spend time with your loved ones and build healthy social connections.



Share your worries and feelings with family, friends, or someone you trust.



Stay away from alcohol, tobacco, drugs or any harmful substances.



Control the time spent on mobile, TV and computer so that sleep and concentration are not affected



If you notice behavioural changes – seek professional help

No Shame in Seeking Help —Do Not Wait, Seek Support!

Early Signs of Mental Illness



Difficulty in handling day to day activities

Feeling worried, anxious or stressed



Changes in sleeping and eating habits

Changes in feeling and uncontrolled emotions



Withdrawal from family and friends

Addiction to tobacco and alcohol



This Is Not Taboo — Do Not Wait, Seek Professional Help Today!

Common Symptoms of Depression



Feelings of sadness or emptiness



Loss of interest in activities once enjoyed



Changes in eating behaviours



Sleep pattern changes



Tiredness or low energy



Difficulty concentrating



Feelings of worthlessness



Avoiding social interactions



Thoughts of self-harm or suicide

This Is Not Taboo — Do Not Wait, Seek Professional Help Today!

Obsessive-Compulsive Disorder

A condition in which you have frequent unwanted obsessions that cause you to perform compulsions.

Obsessive Symptoms



Fear of germs or dirt.



Fear of making a mistake.



Need for order, neatness, symmetry or perfection.



Fear of causing harm to yourself or someone else.

Compulsive Symptoms



Arranging things in a very specific way.



Bathing or washing your hands over and over.



Repeatedly checking things.

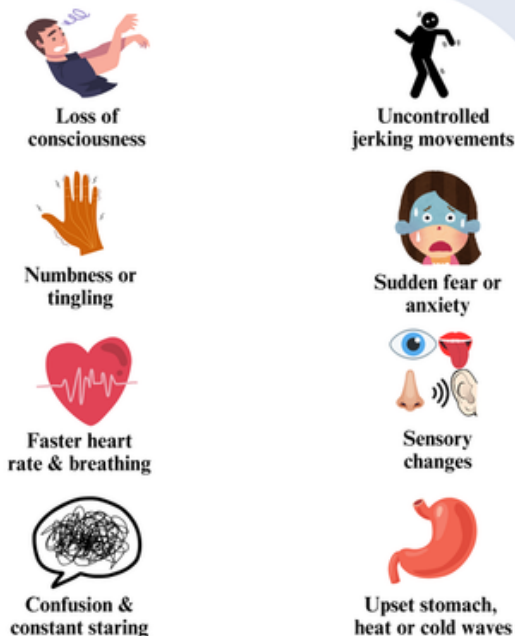


Number rituals such as counting repeatedly

This Is Not Taboo — Recognise the Signs, Seek Help!

Disease & Organ-Specific Topics

Signs and Symptoms of Seizures



Know the Risks. Take Steps to Prevent Seizures

Common Symptoms of Diabetes



Diabetes Can Be Silent — Regular Check-ups Save Lives!

Arthritis

Why it matters

Arthritis is a condition where the joints become swollen, painful, stiff and movement becomes difficult. Severe cases can lead to disability and sometimes require surgery.

Commonly Symptoms

- ✓ Joint pain
- ✓ Stiffness or reduced range of motion
- ✓ Noticeable inflammation or swelling
- ✓ A feeling of heat or warmth and skin discoloration near your joints
- ✓ Tenderness or sensitivity to touch around a joint
- ✓ Cracking or popping sounds when moving the joints



Prevention and Management

- Do light daily exercises like walking, yoga, or stretching.
- Maintain a healthy weight to reduce joint pressure.
- Eat nutritious foods
- Avoid smoking and alcohol
- Keep joints warm; avoid cold and damp weather.
- Consult a doctor if pain or swelling worsens.



Keep Your Summary Safe And Share Key Info With Family!

How to Manage Chronic Bronchitis (COPD)

Stop smoking, Avoid secondhand smoke



Get Flu and Pneumococcal vaccines!



Medications like inhalers or nebulizers.



Reduce exposure to allergies, dust and fumes. Use mask.



Practice healthy lifestyles



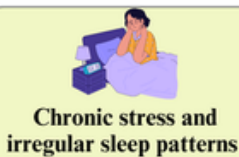
Breathing and controlled aerobic exercises



Healthy Choices Today — Protect Your Liver for Life!

Age & Gender-Specific Issues

Poor Lifestyle Habits Can Leads to Cancer



Your Health Is Precious — Protect It Every Day!

Palliative and End-of-Life Care at Home



- **Focus on comfort over cure:** good pain relief, easy breathing, and gentle mouth and body care.



- **Keep the room calm, clean and well-ventilated,** with comfortable bedding and easy access to a toilet or bed-pan.



- **Train family in simple care:** gentle massage, turning to prevent sores, and giving medicines as prescribed.



- **Discuss and respect the person's wishes** about hospital care, CPR and other decisions in advance.



- **Offer emotional support:** give short breaks, listen to feelings, and reassure them that it is okay to feel tired or sad.

Care Can Ease Pain, Even When Cure is Not Possible

Nutrition Food for Cancer Patients



Protein-Rich Foods
Lean meats, poultry, fish, eggs, milk, yogurt, & cheese



Colourful Fruits & Vegetables, spinach, carrots, kale, broccoli, cauliflower, tomatoes, oranges, & blueberries



Whole Grains Food
Oatmeal, wheat bread, bran, & brown rice



Healthy Fats (Omega 3 fatty acids)
Avocados, olive oil, nuts, & fatty fish

Awareness Is The First Step Toward A Cancer-Free Future!

Smart Pain Management Tips

Pain is an unpleasant feeling or discomfort in the body that signals something may be wrong.

What can be done ?

- Accurate and timely administration of pain medicines
- Maintain pain dairy
- Always listening to what the patient says about his/her pain
- Observing expressions of and sounds from a patient if he/she is nonverbal
- Helping the patient to relax by listening to music or other distractions
- Offering hot and cold applications but taking care how and where to apply them
- Giving breakthrough medication as needed, and keeping track of the pain as much as possible
- Giving stool softeners and laxatives as instructed and encouraging oral fluids as tolerated
- Making sure patient is getting enough rest and sleep

Call the Nurse in Case of Emergency:

- Nausea and vomiting continue and nothing is helping.
- Patient is losing consciousness.
- There is coffee ground like substance and/or blood in the vomit.
- Vomit shoots out to a distance and there is severe stomach pain.
- Two doses or more of prescribed medicines are not kept down.



Always call when you need reassurance

CanSupport Helpline- 011- 41010539

Age & Gender-Specific Issues

Tips for Healthy Ageing



Enjoy the Freedom & Liberty of Getting Old Comfortably!

Medication Management For Elderly

Set Alarms for Reminders



On phone to take medications as per schedule.
No self-medication

Organize Your Daily Medicines

Keep medicine list updated. Know your medication. Use pill boxes and check medicine stock regularly.



Follow Vaccination Schedule



To boost immunity. Ask your doctor to make your vaccination schedule

Keep Medical Records Organised

Maintain copies of prescriptions, discharge summary, diagnosis tests & keep your caregiver informed



Stay Organised, Stay Safe — Keep Medicines & SOS Handy!

Ageing & Geriatric Care at Home



- **Make** the home fall-proof: remove loose rugs and wires, use non-slip mats and add grab bars and railings.



- **Keep** lights bright, especially near toilets, stairs, and at night (use bedside lamp or night-light).



- **Arrange** furniture for clear walking space and keep daily items within easy reach.



- **Support** hearing and vision with aids, glasses and clear labels on medicines and schedules.



- **Help** with daily activities but encourage them to do what they can on their own; talk daily and watch for loneliness, low mood or memory problems.

Double-check Your Home Setup to Avoid Any Risks

Chronic Illness Care at Home



- **Follow** a daily routine for medicines, meals and activity, and keep a home chart of sugar, BP and weight; show it to the doctor at each visit.



- **Plan** easy, safe meals (low salt, low sugar, soft food) and avoid sudden big changes in diet



- **Do** gentle movement daily (short walks, chair exercises) unless the doctor says rest only.



- **Recognise** warning signs (high/low sugar, chest pain, swelling, confusion) and when to act quickly



- **Keep** a list of all medicines, dosages, and emergency contacts near the bed and on the phone

Act Early on Small Changes to Prevent Health Problems

As a Patient You Have Rights To

- Receive safe & quality care
- Ask questions & clarify doubts
- Seek second opinion
- To take informed treatment decisions
- Full access to your medical records
- Confidentiality, dignity & privacy
- Express concerns, complaints & grievances



Be Aware. Be Empowered — Know Your Patient Rights!

As a Patient You Have Responsibilities To

- Provide accurate and complete medical history
- Ask questions and clarify doubts about your illness, treatment or medicines.
- Follow the treatment plan strictly as prescribed
- Take medicines safely, do not self-medicate or share prescriptions with others
- Respect healthcare staff, other patients and hospital rules
- Take care of your finances – plan insurance, manage costs, pay bills on time
- Provide constructive feedback and share your experiences.



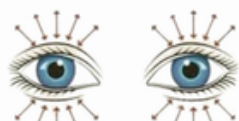
Take Charge of Your Health — Be an Active and Responsible Patient!

Protect Your Eyes From Digital Screens

Follow these Eye Exercises



Side to Side



Blinking



Up & Down



Sideways



Rotations



Nose Tip Gazing

Just a Few Minutes Daily Exercise — Keep Your Eyes Fresh & Focused!

Good Habits for Better Eyesight

Limit screen time. Use blue light filters or glasses



Ensure proper lighting at home & work, & maintain good posture



Follow 20-20-20 rule every 20 minutes, take a 20-second break and look at something that is 20 feet away



Wear right prescription glasses & UV-protected sunglasses outdoors



Get regular eye examination



Get enough sleep, eat healthy & practice good eye hygiene



Guard Your Vision- Take Action Before It is too Late

Sleep Apnea

Snoring could be more than just a sound.
It could be fatal



Symptoms

- Disruptive snoring during the night
- Pauses in breathing while sleeping
- Gasping or choking during sleep
- Frequently waking up during the night
- Morning headache, dry mouth & excessive daytime sleepiness

Complications

- Heart damage or heart failure
- Sudden cardiac death
- High blood pressure
- Stroke

Sleep apnea can be diagnosed through a sleep study, either in a hospital or at home

Management & Treatment

- Changing sleep position
- Managing weight
- Using oral appliances
- Getting a CPAP (Continuous Positive Airway Pressure) Machine
- Surgery in severe cases

Snoring – Do Not Ignore It, It Can Harm You, Seek Help!

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Insomnia



Insomnia is a sleep disorder where a person has trouble falling asleep, staying asleep or waking up too early and being unable to return to sleep.

Symptoms

- Feeling tired, unwell, or sleepy
- Delayed reflexes
- Mood disruptions, especially irritability
- Disruptions in work or social routines
- Slowed thinking or difficulty concentrating

Who is at risk?

- Those with irregular sleep schedules
- Individuals with high stress, mental health conditions or other medical illnesses
- Older adults
- People who consume excessive caffeine, nicotine or alcohol

Preventive Measures

- Maintain a regular sleep schedule.
- Create a comfortable, quiet, and dark sleep environment.
- Avoid caffeine, nicotine, and heavy meals close to bedtime.
- Limit screen time (mobile, TV, computer) before sleeping.
- Include relaxing activities before bed.
- Exercise regularly, but not too close to bedtime.

Trouble Sleeping? Act Early to Restore Restful Nights!

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How to manage Fatigue?



What is it?
Fatigue is tiredness, exhaustion or lack of energy which affects patient's ability to perform activities. It has many causes: the disease process, not enough sleep, immobility, diarrhea, vomiting, infection, or depression etc.

How to Cope:

- Always start with the most enjoyable or necessary activity.
- Encourage patient to rest between bathing, dressing, eating, etc.
- To conserve energy, do things only for a short time.
- Remind patient to move slowly to avoid falls and dizziness.
- Encourage regular gentle exercise as advised by the therapist.
- Serve snacks in between regular meals.

Call the Nurse in Case of Emergency:

- Patient suddenly stops doing routine tasks
- Shows no interest in eating or has no energy
- Is unusually drowsy or lightheaded
- Appears low, anxious, or withdrawn
- Experiences a fall or injury
- Has trouble breathing — with or without activity
- You or the patient feel unsure or need support

Always call when you need reassurance

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Role of a Caregiver

Communication & co-ordination

in follow-ups, medical tests, advocate for the patient



Administering medication

ensures correct use and monitors treatment progress.



Helping with personal care

supports hygiene, mobility, diet, and daily routines.



Offering emotional support

makes patients feel valued, safe, understood, and reassured.



Monitoring symptoms tracks

health changes, reports issues, and aids recovery.



Together in Care, Stronger in Recovery!

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Health Information Available in Multiple Regional Languages

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Hindi
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Urdu
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Tamil
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Gujarati
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Read More, our patient education materials here

Scan the QR code to access our **Safe Health Library** with important health and patient safety tips

Website Link: <https://www.patientsforpatientsafety.in/resources.php#gsc.tab=0>



Infographics in multiple regional languages—scan to access important health and patient safety tips

Infographics Link: <https://www.patientsforpatientsafety.in/infographics.php#gsc.tab=0>



Stay informed, Stay safe! **Join our WhatsApp channel Safe Health Insights** for weekly health updates and life-saving tips

WhatsApp channel: <https://chat.whatsapp.com/DYV9YGjyZg4DDqAVgfl5nd>



Doctor-Patient Conversations Series

Click here to access

<https://www.youtube.com/playlist?list=PLMnzlJCQuYL8Wa6EsPUTQxVHIFwjz-ECG>



Scan to access
directly



Flipbook :

Click here to access

<https://patientsforpatientsafety.in/flipbook.php#gsc.tab=0>



Scan to access
directly

Patient Engagement Tools



**Patient Engagement Toolkit
for Patients & Healthcare
Providers**



**Patient Advisory
Councils (PACs)**



**Patient-Friendly
Hospital (PFH)
Standards**



Patient Voice



Safe Health Library

BROUGHT TO YOU BY



Be Aware. Stay Involved. Stay Safe.
Together we can reduce avoidable harm.

More Self-Help Information Available

www.patientsforpatientsafety.in