

## What is Medication Safety?

### Are you at risk of delayed cure, disability, or even death?

Did you know that 10% of patients in hospitals are likely to suffer medical harm? Medication errors account for 50% of overall preventable harm, both in hospitals and at home. This could result in delayed cure, disability, or even death.

You can avoid this with the right knowledge.

Everybody is at risk as we all take medicines at some point. People who travel, those under long illnesses, surgical and intensive care, or during emergencies.

Elderly population especially those taking multiple medications and people who are self-medicating or under home care

### Can you prevent medication errors

You can reduce medication errors if you pay attention to the five stages of medication- **Starting; Taking; Adding; Changing** or **Stopping**.

The World Health Organization (WHO) has developed tips to increase patient safety at all stages including prescription, procurement, or administration -

**[5 MOMENTS](#)** (Click here for details).

You should take the following three steps to avoid medication errors -

1. **KNOW the medications** you are taking: Why are you taking them? What is the duration, proper dosage, and timing? What to do if you miss a dose?
2. **CHECK if you are receiving the correct medicines:** Before taking any medicine, it is crucial to check the composition of the salt, its expiry date, and storage conditions on the label.
3. **ASK your doctor** if you can stop the medicines because you are feeling better, or not finding them effective. What if you have side effects? Always inform your healthcare provider about any other medications or supplements you are taking to prevent potential interactions.

### To know more :

- [Tips for medication safety](#)
- [What is Medication Safety? How do I avoid harm from the medication?](#)
- [How can I check if the medicines are spurious?](#)

### Your Health, Your Responsibility

Patients for Patient Safety Foundation

[www.patientsforpatientsafety.in](http://www.patientsforpatientsafety.in)

UIN - 1.1 WB