

To prevent health care errors, patients are urged to ...

SpeakUPSM

Everyone has a role in making health care safe — physicians, health care executives, nurses and technicians. Health care organizations across the country are working to make health care safety a priority. You, as the patient, can also play a vital role in making your care safe by becoming an active, involved and informed member of your health care team.

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Joint Commission
on Accreditation of Healthcare Organizations
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Speak up if you have questions or concerns, and if you don't understand, ask again. It's your body and you have a right to know.

Pay attention to the care you are receiving. Make sure you're getting the right treatments and medications by the right health care professionals. Don't assume anything.

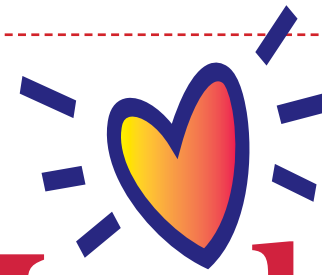
Educate yourself about your diagnosis, the medical tests you are undergoing, and your treatment plan.

Ask a trusted family member or friend to be your advocate.

Know what medications you take and why you take them. Medication errors are the most common health care mistakes.

Use a hospital, clinic, surgery center, or other type of health care organization that has undergone a rigorous on-site evaluation against established, state-of-the-art quality and safety standards, such as that provided by JCAHO.

Participate in all decisions about your treatment. You are the center of the health care team.



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Program Guide

Turn to channel



Care for Your Heart

High Blood Pressure: What Does it Mean to You? 14 minutes

6:00am 9:00am 12:00pm 3:00pm 6:00pm 9:00pm 12:00am 3:00am

Living with Heart Failure 13 minutes

6:14am 9:14am 12:14pm 3:14pm 6:14pm 9:14pm 12:14am 3:14am

Stroke: A Personal Story 7 minutes

6:27am 9:27am 12:27pm 3:27pm 6:27pm 9:27pm 12:27am 3:27am

Cholesterol and You 10 minutes

6:35am 9:35am 12:35pm 3:35pm 6:35pm 9:35pm 12:35am 3:35am

Recovery from Heart Surgery 15 minutes

6:45am 9:45am 12:45pm 3:45pm 6:45pm 9:45pm 12:45am 3:45am

Cancer in the Family



Talking About Cancer 12 minutes

7:00am 10:00am 1:00pm 4:00pm 7:00pm 10:00pm 1:00am 4:00am

Clinical Trials 10 minutes

7:12am 10:12am 1:12pm 4:12pm 7:12pm 10:12pm 1:12am 4:12am

Understanding Chemotherapy 12 minutes

7:22am 10:22am 1:22pm 4:22pm 7:22pm 10:22pm 1:22am 4:22am

Understanding Radiation 7 minutes

7:35am 10:35am 1:35pm 4:35pm 7:35pm 10:35pm 1:35am 4:35am

Colon Cancer Screening 8 minutes

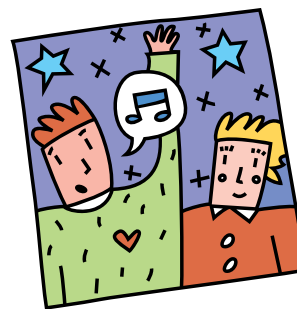
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Controlling Nausea 7 minutes

7:49am 10:49am 1:49pm 4:49pm 7:49pm 10:49pm 1:49am 4:49am

Advance Directives 2 minutes

7:57am 10:57am 1:57pm 4:57pm 7:57pm 10:57pm 1:57am 4:57am



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Small Changes Can Make a Big Difference

Nutrition and Recovery: Cancer 8 minutes

8:00am 11:00am 2:00pm 5:00pm 8:00pm 11:00pm 2:00am 5:00am

Overcoming Depression 12 minutes

8:10am 11:10am 2:10pm 5:10pm 8:10pm 11:10pm 2:10am 5:10am

Medication Safety: 8 minutes

8:24am 11:24am 2:24pm 5:24pm 8:24pm 11:24pm 2:24am 5:24am

Managing Pain: There's lots to gain 13 minutes

8:33am 11:33am 2:33pm 5:33pm 8:33pm 11:33pm 2:33am 5:33am

This is exercise? 4 minutes

8:46am 11:46am 2:46pm 5:46pm 8:46pm 11:46pm 2:46am 5:46am

Eating and Aging 7 minutes

8:51am 11:51am 2:51pm 5:51pm 8:51pm 11:51pm 2:51am 5:51am



The Health Television System Inc.

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Not all information is appropriate for all patients and families in all situations.

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