

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

Speak **UP**SM

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
Setting the Standard for Quality in Health Care

www.jcaho.org

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 the Joint Commission.

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



HealthtvTM

Partners in your good health.



It's free on your tv 24 hours a day!

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



Clinical Trials 10 minutes

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

Understanding Radiation 7 minutes

7:11am 10:11am 1:11pm 4:11pm 7:11pm 10:11pm 1:11am 4:11am

Understanding Chemotherapy 12 minutes

7:20am 10:20am 1:20pm 4:20pm 7:20pm 10:20pm 1:20am 4:20am

Nutrition and Recovery: Cancer 8 minutes

7:33am 10:33am 1:33pm 4:33pm 7:33pm 10:33pm 1:33am 4:33am

Controlling Nausea 7 minutes

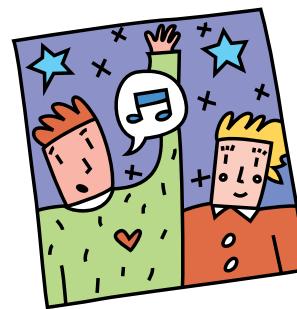
7:40am 10:40am 1:40pm 4:40pm 7:40pm 10:40pm 1:40am 4:40am

Cancer Awareness: Hispanic Women 7 minutes

7:48am 10:48am 1:48pm 4:48pm 7:48pm 10:48pm 1:48am 4:48am

Advance Directives 2 minutes

7:56am 10:56am 1:56pm 4:56pm 7:56pm 10:56pm 1:56am 4:56am



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24 hours
a day!

Small Changes Can Make a Big Difference

Reflections on Quitting Smoking 17 minutes

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

Overcoming Depression 12 minutes

8:18 am 11:18am 2:18pm 5:18pm 8:18pm 11:18pm 2:18am 5:18am

Managing Pain: There's lots to gain 13 minutes

8:32am 11:32am 2:32pm 5:32pm 8:32pm 11:32pm 2:32am 5:32am

Medication Safety 8 minutes

8:45am 11:45am 2:45pm 5:45pm 8:45pm 11:45pm 2:45am 5:45am

Eating and Aging 7 minutes

8:53am 11:53am 2:53pm 5:53pm 8:53pm 11:53pm 2:53am 5:53am



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