



LOUISE H. BATZ
PATIENT SAFETY FOUNDATION

Protecting the Patient First

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JANUARY 2011 NEWSLETTER

PATIENT SAFETY FOR IN-OFFICE PROCEDURES

More and more medical procedures are taking place in doctors' offices. The offices are not always equipped to handle emergencies and patients with unexpected medical reactions. If you and your doctor have decided on an in-office procedure, it is important to ask if the office has resuscitation equipment, since many offices do not. Be sure to ask who will be administering anesthesia and what type of monitoring devices are available to keep you safe. Ask as many questions as possible to determine whether the procedure can safely be done in the office or if it is safer to have it done in the hospital. Remember that you are in charge of your health.

JANUARY IS NATIONAL BLOOD DONOR MONTH

Keeping patients safe includes having supply of blood on hand should an emergency arise. The Red Cross has named January National Blood Donor Month. During the winter, the number of blood donations drops due to colds, flu and busy holiday schedules. The need for blood, plasma and platelets doesn't. A donation takes about an hour of your time and you'll be able to save lives.

When you decide to donate, take care of yourself before you go. Make sure you are well hydrated, have a healthy meal and don't forget to bring your ID with you! You'll even be able to find out your temperature, blood pressure and hemoglobin levels during your donation.

Your help could mean hope for those who need it most this time of year. Learn more about blood types on our [blog](#).

ENDURANCE EVENTS

Did you begin training for a 5K, marathon, or other event as part of an effort to get healthier in 2011? Consider asking your friends and family to support you while raising money for the Louise H. Batz Patient Safety Foundation through [yourcause.com](#). It's quick and easy to sign up and you'll help us to reach some of our goals while reaching your own!

NEW YEAR'S RESOLUTIONS

Losing weight, quitting smoking and finding a new job are all popular New Year's resolutions. This year, consider making a commitment to becoming an empowered patient. Devote time and effort into becoming an active member of your patient care team. Here are three steps to fulfilling your resolution:

1. Download [The Batz Guide for Bedside Advocacy "Teaming Up for the Patient"](#) and use it!
2. Keep an accurate record of your medications (over the counter and prescription)
3. Make sure that your family members know of any medical conditions or allergies that you have

Resolve to be an active part of your patient safety team. The life you save could be your own!

THANK YOU

A very special thank you to all of the generous donors for our end of year campaign. We are close to reaching our \$10,000 goal so that we can print and distribute the guide to those who most in need and meet our other [2011 goals](#). Please consider [making a donation](#) to help us make patients safer in 2011.