

## Proactive Tips for Hospitalizations and Illness

If possible do as much research beforehand so you can go armed with proper information.

Document everything so not only do you not forget important instructions, but you can review and show the Drs you are on top of things, it is also helpful as a cross reference in the event you feel the information you are getting is inconsistent.

If at all possible take a support person

If you feel you are receiving insufficient care and/or that your concerns are not being answered, immediately ask for a supervisor or someone in charge if your request for a supervisor is ignored the number is oftentimes listed in the phonebook or somewhere in the room, you could also call the front desk and ask for the number.

In desperate situations you can always call a lawyer, many have after hours emergency numbers so you can reach them asap.

If you ask for the Dr and are refused ask for them to make a note stating this along with the reason for the refusal and ask for a copy, this alone may spur them into action.

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