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# PANTER, PANTER & SAMPEDRO, P.A.

## HOW TO AVOID MEDICAL MALPRACTICE

- Asks questions, ask questions, ask questions
- Research. Find out about your health condition and your healthcare providers. The internet is loaded with information about any and all health conditions. The internet and medical resource centers have information about your healthcare providers and facilities. Also feel free to ask your family and friends for referral physicians and facilities.
- Never go to the doctor alone. Never stay in a healthcare facility alone. When available always take a family member or friend with you to speak with the doctor and take notes. If you are in a healthcare facility try to have family or friends with you at all times. Hospital and healthcare facilities are understaffed and it is important to have someone with you in your time of need.
- Take part in your medical care and treatment. Understand what is going on and become actively involved in your healthcare treatment plan.
- Provide your healthcare provider with a list of all the medications you are currently taking or have taken in the recent past. Make sure that you understand all of your medications and the reasons for each medication. This applies to over the counter medications as well as vitamins and non-prescription medications.
- If you receive a prescription, make sure that you read all of the literature that comes with the prescription. Make sure that the prescription matches what your doctor ordered and check each pill to make sure that it is correct.
- Ask your pharmacist or healthcare provider to check for contra-indications on all medications that you are taking.
- Check out your healthcare facility prior to undergoing any procedure. Walk around the facility, make sure that you are comfortable with the facility and see if the facility specializes in the type of care or procedure that you need.
- Check the cleanliness and sanitary conditions of your doctor's office and healthcare facilities. All healthcare providers who come in contact with you should be sanitary, should use gloves and should have a clean appearance.

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- If and when you are discharged ask the doctor or healthcare providers to discuss any and all treatment or medications that you will be prescribed when you leave the facility. Make sure that you understand any home health care needed and your future medical plans.
- If you are scheduled for an operative procedure make sure that you, your doctor and all healthcare providers are on the same page with the type of procedure that will be done, when it will be done, where will it be done or how will it be done.
- If you undergo any diagnostic tests or studies make sure that you obtain the results. It is beneficial to have a copy of the test results so that you can bring them with you to each and every healthcare provider.
- Make sure that your doctors coordinate with one another. If you have a specialist make sure that the specialist coordinates with your primary physician. Make sure that all of your doctor and healthcare facilities have all of the information regarding your healthcare and treatment.
- Ask questions, ask questions, ask questions. Never be embarrassed or afraid to ask questions. This is your life and your health that is at issue. You have the right to ask questions and receive answers.

Medical Research may be found at:

WebMD – <http://www.webmd.com>

The Mayo Clinic – <http://www.mayoclinic.com>