



Victory Physicians Family Medicine Preventive Medicine Safety Sheet

As part of our Medical Director's ongoing quality assurance regarding preventive medicine, we proudly offer our safety sheet to our patients. Please read and initial each item. Sign and date at the end of the document. These are common sense tips to help keep you safe.

Initial

1) Prevent Falls:

- a. Avoid throw rugs
- b. No electrical cords crossing the floor
- c. "No-slip" mats in showers, bathroom, and tiled areas. "No-slip" texture around the pool.
- d. Grab handles wherever needed.
- e. Grab handle at pool steps
- f. Stand up slowly.
- g. Easy on the booze especially if you are on other vasoactive medicines (Cialis etc.)
- h. Try to anticipate trouble before it happens.
- i. Keep up on vitamin D and calcium

Initial

2) Prevent Accidents:

- a. Keep your car, bike, scooter or cycle in good operating order.
- b. Wear your seat belt or helmet.
- c. Obey the law.
- d. Wear your glasses if you need to
- e. Look before you do anything
- f. Avoid dimly lit streets, if your night vision isn't so good.
- g. Don't take pain pills, anxiety pills, sleeping pills or drink alcohol if you are driving.
- h. Put your lights on.
- i. Clean your windows.
- j. Use your blinkers.
- k. If in doubt kindly yield the right of way.
- l. Don't yell at other drivers hence you might precipitate road rage.
- m. Leave plenty of time to your destination and don't rush.
- n. No cell phone or texting while driving.
- o. Avoid distractions while driving.

Initial

3) Prevent Medication Errors

- a. Ask the doctor if you have a question
- b. If you take a lot of pills, get a pill organizer.
- c. Carry a medication list on you at all times when out in public.
- d. Wear a medic alert bracelet as necessary.
- e. Don't put your pills in containers meant for a different type of pill.
- f. Don't take other people's medicine and don't give them yours.
- g. Don't mess around with the doctors dosing regimen without permission.

Initial

4) Environmental Precautions

- a. Hydrate. Don't underestimate how much fluid you lose daily in the desert.
- b. Sunblock and sunburn precautions.
- c. Keep your tetanus shot up to date. Lots of prickly sticky things in the desert.
- d. Don't walk barefoot outside.
- e. Sweep your house regularly.
- f. If it rattles and it is under a bush, it ain't a baby. Back off.
- g. Prepare for temperature swings in the desert. Layer your clothing.
- h. Get off the golf course if you see lightning.
- i. Careful of uneven terrain and tripping. Our streets are bad, lots of sand, and desert terrain elevations and depressions can be hard to judge.
- j. Don't fall asleep and drown in the pool or jacuzzi especially if you've been drinking alcohol.
- k. Don't smoke in bed.

Initial

5) La Vida Loca

- a. Keep your guns locked up and away from kids.
- b. Top or bottom, protect.
- c. Surveil yourself for STDs yearly. More often if you swing from the chandeliers.
- d. One glass of water with every drink of alcohol.
- e. No booze with pain, anxiety or sleep medications.
- f. Don't share or sell your medications.
- g. Practice good condom maintenance, avoid oops.
- h. Give the cigarettes, cigars and chews up.
- i. If you smoke marijuana, use a vaporizer. Better yet quit if it's not medical.
- j. If you do coke, crack, crank, meth or crystal, quit or start shopping for a tombstone.

Initial

6) Preparation

- a. Have a home invasion plan of defense and alert.
- b. Have a fire evacuation plan as well as an earthquake plan.
- c. Have a store of food and water for at least 5 days for each member of the household.
- d. Keep crucial documents in a safe place but an accessible one so you can take them with you if you have to leave suddenly.
- e. Keep a copy of your medical information and your advanced directives and durable power of attorney for medical care in your refrigerator in a tube so the paramedics or a friend or family member can get to them in an emergency.
- f. Give a copy of your advanced directives and durable power of attorney to your doctor