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Speak Up™ Initiative Encourages Patient Participation in Health Care

The [Speak Up](#)™ initiative is a national patient safety campaign, launched by the Joint Commission (formerly known as JACHO) and the Center for Medicare and Medicaid Services. The initiative includes free patient brochures, posters, and buttons on a variety of patient safety topics. The program encourages patients to become more active when receiving health care. Patient participation in health care can help reduce medical errors, avoid medication mistakes, and increase understanding of patient rights.

Speak Up™ encourages the public to:

Speak up if you have questions or concerns. If you still do not understand, ask again. It is your body and you have a right to know.

Pay attention to the care you get. Always make sure you are getting the right treatments and medicines by the right health care professionals. Don't assume anything.

Educate yourself about your illness. Learn about the medical tests you get, and your treatment plan.

Ask a trusted family member or friend to be your advocate (advisor or supporter).

Know what medicines you take and why you take them. Medicine errors are the most common health care mistakes.

Use a hospital, clinic, surgery center, or other type of health care organization that has been carefully checked out. For example, The Joint Commission visits hospitals to see if they are meeting The Joint Commission's quality standards.

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

Download the PDF brochure [here](#). Speak Up™ materials also are available for purchase through Joint Commission Resources at (877) 223-6866 or online at <http://www.jcrinc.com/>. There are no copyright or reprinting permissions required for Speak Up materials.

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