

# Preventing falls

## Adult patients

Our staff works hard to help prevent patient falls — one of the leading adverse effects in hospitals across the country. For us, even one patient fall is too many. You can help avoid a fall by asking for help when needed and following these basic safety tips:

- Be sure to use assistive devices such as wheelchairs, canes and walkers as needed. Use handrails and grab bars where available.
- Wear slippers or socks with non-skid soles.
- Notify your nurse or any other health care provider of any hazardous conditions, such as spills, that you observe.
- Keep your bed in the low position and use your side rails for positioning when getting out of bed.
- Ask your nurse or nursing assistant for help getting to the bathroom.
- Keep your bedside table with water, TV remote, cell phone and other necessary items within easy reach.
- Ask your health care providers about the medications you are taking. Some medications can make you dizzy or light-headed.
- Notify your nurse if you have had a history of falls in the recent past including falls at home.



### **Be aware of these possible increased risks:**

- Most falls occur during the first few days of hospitalization when people may be unsure of their surroundings and after five or more days when they have had muscular deconditioning from prolonged illness.
- Physical factors such as weakness, low blood pressure, impaired mobility or poor coordination.
- Bed rest which can make your muscles lose strength. Getting up after lying down for a period of time can make you more susceptible to falling.
- Normal age-related changes such as slower reflexes, weak or brittle bones, stiff joints and decreased vision.

## **Partner with us for your safety:**

Your safety is our number-one priority! You and your family are our safety partners and our goal is to have a terrific partnership that helps us keep you safe.

- Please be aware in certain circumstances we will be accompanying you to the restroom. Many falls happen in the restroom due to factors such as prolonged sitting and then suddenly standing, bearing down and moving weight distribution around from side to side. We will do our best to provide for your dignity and privacy but our number-one goal is to keep you safe. Your health care team has had special training in mobilization techniques and we want to ensure we move you safely both in and around your room, restroom and in the hallways.