

PREVENTING FALLS

KINGMAN REGIONAL MEDICAL CENTER EDUCATION PROGRAM



M026923 Init: 12/17



PREVENTION | DIAGNOSIS | TREATMENT | RECOVERY

You're at risk of falling in the hospital

Falling is a major safety concern while you're in the hospital. A fall can result in injuries that require additional treatment and a prolonged hospital stay.

It is very important to be extra careful and not risk falling.

What increases your risk of falling?

Regardless of your age or physical condition, just being in the hospital greatly increases your risk of falling.

You are more likely to fall in the hospital due to:

- Spending an abnormal amount of time in bed
- Weakness from your condition
- History of falls.
- Unfamiliar surroundings in the hospital
- Potential tripping hazards
- Medications
- Medical conditions such as stroke, heart attack, osteoporosis, arthritis, dementia or Alzheimer's disease.

Name three reasons **YOU are at risk for falling and/or injury**

1. _____

2. _____

3. _____

Patient initials: _____ **Date:** _____



Fall prevention tips

- Let your care team know if you have ever fallen at home or what you do at home to prevent falls.
- **Always** ask for help when you are getting up by pressing the call light.
- Sit up slowly and sit on the side of the bed for a few minutes before standing.
- Wear shoes or slippers that do not slide and wear your glasses or hearing aid.
- Before you get up, look for cords, medical equipment or other items in your path so you are less likely to trip.
- Don't hold on to bedside tables or other furniture or equipment that could roll away.
- Keep your call light, phone, glasses, remote and other personal items within reach.
- Tell your care team if you are feeling dizzy, unusually tired or confused. These may be side effects from your medications.
- As encouraged by your care team, walk with your nurse, therapist or loved one and do exercises in bed to keep up your strength.
- Family members or other care partners are welcome to stay with you in the hospital. They too can help you prevent falls.
- Make sure all wheelchairs and walkers are locked when getting in and out of them.
- Ask your doctor or nurse how you can stay safe and prevent falls in the hospital and at home.

Please don't hesitate to ask for help

We understand that it's hard to be in the hospital and dependent on others. None of us like asking for help when we think we can do something for ourselves. But, when it comes to your safety, it's very important to recognize your risk of falling and ask for assistance— especially, when getting in and out of bed.

Please use your call light and wait for us to assist you.
We're happy to help!

Why do I need to ask for help when I get out of bed?

- Hospital bathrooms are not like yours at home, the unfamiliar environment can increase your risk of falling.
- To remind or assist you with putting on your non-skid socks.
- To adjust or move furniture that may be blocking a safe path to the bathroom. (Some rooms are double occupancy).
- I am unsteady due to my medication or medical condition
- I have a history of falls
- My illness may make me weaker than when I'm healthy

List two reasons why I should use my call light

1. _____

2. _____

Patient initials: _____ **Date:** _____



Fall prevention measures during your hospital stay

- Yellow fall risk wristband
- Yellow gown
- Yellow non-slip socks
- Yellow falling star magnet on your door and communication board (this is a visual cue for all staff members who provide care for you during your stay).
- Call light within reach (it's important for you to call and wait for assistance before getting out of bed).
- Bed in lowest position
- Bed alarm on
- We will be doing purposeful rounding to assist you to the bathroom or to a chair, or to help reposition you in bed for comfort.

Name three safety features that are in-place during your hospital stay.

1. _____

2. _____

3. _____

Patient initials: _____ **Date:** _____

Preventing falls at home

- Stay active and exercise daily to build strength and improve balance.
- Learn what medications may cause: dizziness, sleepiness or decrease your balance
- Keep floor, hallways, and stairwells free of clutter
- Remove or tape down rugs
- Install grab bars to shower and bathroom walls
- Add lighting to stairwells and other dark areas of your home
- Be mindful of pets in the home
- Get annual vision exams
- Remember to always wear well fitting non-slip footwear
- Remember to wear your glasses and hearing aides
- Avoid using step stools or ladders

List three ways to help prevent falls at home

1. _____

2. _____

3. _____

Patient initials: _____ **Date:** _____

Patient and staff teaching log:

Increased risk of falling

Staff Signature _____ Date: _____

Fall prevention measures in the hospital

Staff Signature _____ Date: _____

Why I should use my call light

Staff Signature _____ Date: _____

Preventing falls at home

Staff Signature _____ Date: _____

Patient Label



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