



## FALL PREVENTION INFORMATION

### Help us prevent you from falling in our hospital.

Accidental falls may occur in the hospital. These accidents are as distressing to the hospital as they are to the patient. Please read this information carefully to learn how you can help prevent them.

You may fall in the hospital because:

- ❖ Tranquilizers, sleeping tablets, pain relievers, blood pressure pills, or diuretics may make you dizzy and disoriented.
- ❖ Your illness, enemas, laxatives, long periods without food, or tests your physician ordered may leave you weak and unsteady.
- ❖ The hospital may seem foreign and unfamiliar to you—especially when you wake up at night.

Some falls—such as those associated with illness or therapy—cannot be avoided. However, by following these guidelines, you and your family and friends can help reduce your risk of falling.

Please follow these guidelines:

1. Make sure that your call button, table, telephone, and anything else you might need are within reach before staff members or visitors leave the room. Always use the call button to ask for assistance.
2. Ask the nurse for help if you feel dizzy or weak getting out of bed. Remember that you are more likely to faint or feel dizzy after sitting or lying for a long time. If you must get up without waiting for help, sit up in bed for a while before standing up, then rise carefully, and slowly begin to walk. Ask your nurse or doctor what activities are safe for you to do on your own and which require assistance (walking, bathing, dressing, going to the restroom, etc.). Always follow your nurse's or doctor's instructions regarding these activities.
3. Make sure that you wear nonskid slippers whenever you walk in the hospital. Rubber-soled or crepe-soled slippers are recommended. Slip-resistant socks are available and can be provided to you by your nurse.
4. Remain lying or seated while waiting for assistance. Though minutes may feel like hours, **please be patient**; someone will answer your call as soon as possible.
5. Do not tamper with side rails or restraints that may be in use. If restraints need adjustment, ask the nurse. Keep the side rails on your bed raised. Do not lean against the side rails. Side rails and restraints are reminders to stay in bed and are designed to ensure your safety.

6. Never use an IV pole or anything with wheels to support yourself.
7. Go to the restroom often so that you will not have to hurry.
8. Ask someone to unplug and plug in your IV pump; bending over can cause dizziness.
9. Avoid wearing long nightgowns or robes.
10. Keep a light on in your room—even at night.
11. Ask how to use assistive devices such as canes, walkers, and wheelchairs.

**Expect that the staff will:**

- ❖ Check on you often.
- ❖ Store equipment and other items out of the way.
- ❖ Clean up spills or slippery spots.

**Talk to your doctor or nurse if you have any questions or concerns.**

**NOTE:** Hospital staff members cannot remain constantly at a patient's bedside. If family members are not available to sit with a patient, the patient and/or family members are responsible for arranging/paying for private duty nurses and/or sitters. Upon request, you can be provided with a list of agencies with whom you or your family can make arrangements.

**Help us help you reduce your risk of falling.**