



ABOUT FALLING:

Falls can happen to anyone in an unfamiliar place. Most patients are tired, weak, or sleepy from medications, or suffering from conditions affecting balance.

RISK FACTORS:

ALL PATIENTS—regardless of age or strength—are at risk for falls.

Past history of falling or problems with balance carry extra risk.

KEEP IN MIND...



HOW TO HELP

PREVENT FALLS:

- Look for things in your loved one's room** that might cause a trip and fall—especially anything on the floor. (Remove!)
 - Point out all furniture and equipment on wheels.
 - Discuss ways to move around the room without leaning on wheeled items for support.
 - Note our notes—friendly cautions about falls on the whiteboard and in the bathroom.



- If your loved one has a history of falling** or any problems with their balance:

- Ask about getting a cane or walker, and using bed rails.
- Ask about the hospital's fall protection equipment, such as low beds and bed alarms.
- Discuss the possibility of a room for your loved one close to the nurses' station.



- Make sure someone on our staff helps your loved one** go back and forth to the bathroom or commode, and that someone is on standby in your loved one's room for every trip.

- If your loved one's chair alarm goes off**, please help make sure your loved one sits down. Get help if they need to get out of the chair. (Better safe than sorry!)

- Watch to make sure** the hospital gown and any IV tubes won't trip your loved one.

GET A NURSE IF YOUR LOVED ONE FALLS. . .

- Hit a call button immediately.
- Put a blanket over her/him.
- Go in the hall and call for help, if necessary.
- Do not move your loved one.
- Ask for a meeting with your loved one's nurses and a nursing supervisor to discuss:
 1. How the fall happened, and
 2. What will be done to help make sure your loved one doesn't fall again.

