

# Preventing Falls and Injury While in the Hospital

You have one or more health conditions that make it likely that you may either fall or become injured if you fall. Knowing that you are more likely to fall, we want to work with you to prevent you from falling and being injured during your hospital stay.

## An X marks your risk factors for falling:

- Dizziness or fainting
- Seizure disorder
- Irregular heartbeats
- Low blood pressure
- Recovering from surgery or other procedure
- History of falling
- Problems with walking or moving
- Problems with using the bathroom
- Memory loss or confusion
- Taking medications that cause you to become drowsy

## An X marks your risk factors for a fall-related injury:

- Osteoporosis (brittle bones)
- Metastatic bone disease (cancer)
- Blood thinning medications
- Bleeding disorders
- Blood clotting disorders

## Why are falls dangerous for me?

Falls can lead to broken bones and head injuries that can slow your recovery and keep you from returning home.



## To prevent unexpected falls:

- Use your call light when you need help
- Call and please wait for help
- Get up slowly from the bed or chair to prevent a fall if you become dizzy
- Keep personal items within your reach
- Wear non-skid slippers when out of bed.
- Use your walker, cane or wheelchair to help you walk safely
- Wear your glasses while active
- Use a night light



## Keeping you safe

Here are some ways that you and your caregivers can keep you safe during your hospital stay:

### Medications

Some medications can make you feel weak or dizzy. To prevent falls due to medications, your plan of care includes:

- Avoid sleeping pills and medicines that make you drowsy.
- Some of the medicines that you are taking can make you weak or dizzy:  
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- When you get out of bed, get up slowly.

### Using the bathroom

To keep you safe when you use the bathroom, your plan of care includes:

- Call for assistance to the bathroom **before your need is urgent.**
- Use your cane or walker and **move slowly.**
- Use the bedside commode if you cannot walk to the bathroom safely or if you have an urgent need.
- We will offer to take you to the toilet at regular times. If you need to go before we come, please call us.
- Use grab bars in the bathroom.

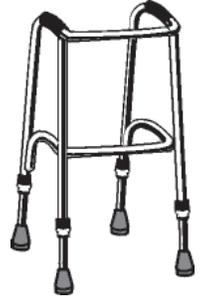


### Walking to stay active

Staying active helps to prevent falls. Your plan of care includes:

Wear non-skid footwear.

- Keep your strength by walking in your room **and** in the hall 1 or 2 times a day.
- Use your walker or cane, or walk with help from (1)\_\_\_\_ or (2)\_\_\_\_ people.
- Focus on your walking:** Avoid doing other things at the same time.



- Use handrails when you are walking in the hall.
- PT recommendations:  
\_\_\_\_\_  
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### Keeping you safe if you are forgetful

To prevent falls and injuries, your plan of care includes:

- A bed or chair alarm has been placed to keep you safe. It will sound if you get up without help.
- We will stay with you while you are on the toilet.
- A low bed helps prevent fall injuries.
- Your family may want to stay with you while you are in the hospital.