THE CARE PARTNER PROJECT

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:
- How the fall happened, and
- What will be done to help make sure your loved one doesn't fall again.

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