

Pediatric Fall Prevention

What I need to learn about fall prevention:

1. I will know why my baby/child is at risk of falling.
2. I will know how to keep my baby/child from falling in the room, hallway or playroom.

The staff will use three questions to teach me about fall prevention:

1. What is the main problem?
2. What do I need to do?
3. Why is this important to me?

The staff will ask me to repeat important points in my own words, or ask me to show what I have learned. They want to make sure that I know the information.

What is the main problem?

Infants and children are at risk of falling in the hospital for many reasons:

1. History of falling
2. Developmental reasons
 - a. Learning to crawl, walk or run
 - b. Climbing, jumping or running
 - c. Learning to use the bathroom
3. Environmental reasons
 - a. Unfamiliar environment
 - b. Medical equipment
 - c. Cluttered room
 - d. Side rails left down
 - e. Child sleeping in chair or on couch
4. Situational reasons
 - a. Problems related to the medical condition or medication
 - b. Frequent trips to the bathroom
 - c. Suddenly feeling better
 - d. Risky behavior

What do I need to do?

I will know how to keep my baby/child from falling in the room, hallway, or playroom.

- Make sure the room is free from clutter.
- Keep the bedrails up, when my child is in bed.
- Don't allow my child to stand or jump on the bed or furniture.
- Don't allow my child to run in the room or hall.
- Let the staff know if my child complains or seems weaker or less coordinated than usual.
- Supervise my child's activities.
- Notify the staff, when I leave my child's room.
- Keep the bed in a low position.
- Keep a clear pathway between the bed and bathroom.
- Leave a nightlight on when it is dark.
- Have my child wear non-skid slippers.
- Make sure my child sleeps only in the crib or bed.

Why is this important to me?

My child could be hurt if they fall in the hospital. I can help to keep my child from falling.

Pediatric Fall Prevention Education Plan

Resources for Staff

- See Bronson G-13 Pediatric Fall Prevention

Teaching Tools

- Bronson Children’s Hospital Safety guide is posted in every room.

References

- Graf, E. (2011). Magnet children’s hospitals: Leading knowledge development and quality standards for inpatient pediatric fall prevention programs. *Journal of Pediatric Nursing*, 26(2), 122-127.
- Razmus, I & Davis, D. (2012). The epidemiology of falls in hospitalized children. *Pediatric Nursing*, 38(1), 31- 35.
- Schaffer, P.L., Daraiseh, N.M., Daum, L., Mendez, E., Lin, L., & Huth, M. M. (2012). Pediatric inpatient falls and injuries: A descriptive analysis of risk factors. *Journal for Specialists in Pediatric Nursing*, 17(1), 10-18.

Approved by:

Authored by: Donna Moyer, PhD, RN, PCNS-BC

Originated date: December 26, 2019

Last revision date:

**Always close each teaching session with the question,
“What questions do you have for me?”**

This page is intended for staff use only. Do not give to the patient. This document is not a part of the permanent medical record.