

Preventing Falls in the Hospital

Getting Ready to Learn About Preventing Falls in the Hospital

Learning something new can be hard, especially if you are not feeling well. The purpose of this learning plan is for you and the staff to review the following information together. Here are some good things to tell the staff:

- Who you want to learn with you. We would like to have someone who will be helping you in the hospital learn with you.
- The best way for you to learn. Do you learn best by reading a book or pamphlet, or by doing things yourself?
- If you are not feeling well, if you are in pain or you cannot focus on learning right now.

Because this information is important to your health, we may explain something more than once, and give you information in small bits over several days.

What I Need to Learn About Preventing Falls in the Hospital

While I am in the hospital I will be able to tell the staff:

1. What my risks are for falls in the hospital
2. What I can do to prevent falls while I'm in the hospital
3. Why this is important to me

The staff will use three questions to teach me about preventing falls in the Hospital:

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

The staff will ask me to repeat back important points in my own words, or ask me to show them what I have learned. They want to make sure that I know about falls and how to take care of myself.

What is my main problem?

I am at risk for falling, while I am in the hospital. One of my goals is to keep safe. The hospital staff and I can work together to make sure I don't fall. The hospital is not like my home. This change alone is a risk.

I will be able to tell the staff my risk factors for falling.

- My diagnosis or medications
- Equipment in my room I need for my care
- Slippery floors and walking in my bare feet
- Being in the hospital
- Things specific to me include: The staff will review those things that apply to me.
 - Dizziness or poor balance
 - Needing help to go from sitting to standing
 - Depression or sadness
 - Confusion
 - Medication changes

What do I need to do?

I will be able to tell the staff what I can do to prevent falling while I am in the hospital.

- Leave the top two bedrails up when I'm in bed
- Let the staff help when I want to get out of bed. If I have a bed alarm ask the staff to explain how it works.
- Keep my nurse call button in reach. If I can't find the call button, call out loudly for help
- Keep personal items that I need within reach
- Use slippers with rubber soles.
- Get up slowly from sitting or lying down
- Exercise my muscles by sitting up in a chair or walking with help in the hall if it's ok with my nurse and my plan of care
- Let staff know if I am being asked to do something I couldn't do before I came to the hospital, such as walk further than I normally walk
- Work with the staff and their suggestions to prevent falls

Equipment I may use to prevent falls in the hospital.

- I will use the equipment if told to do so by the nurse or therapist:
 - Cane
 - Walker
 - Crutches
- I will let staff who are helping know if I need any special equipment such as a lift, or a gait belt

Why is this important to me?

There are many things that are different for me in the hospital. These include:

- The change in environment
- My illness
- Medications
- Treatments that make me weaker or dizzy
- Equipment like IV s and leg compression sleeves.

These changes increase my risk of a fall and injury. By working with the staff, we make sure everything is done to keep me safe from falling.

As part of my care and to help me understand heart failure, I may receive:

- How to Stop a Fall in the Hospital

Preventing Falls in the Hospital Education Plan

Resources for Staff

- [Fall Prevention Teaching Points](#)
- Fall Risk Assessment

Teaching Tools

- Preventing Falls in the Hospital Education Plan
- Bronson's Fall Prevention Video

References:

- [Fall Prevention Teaching Points](#)
- Auerhahn C, Capezuti, E., Flaherty, E., and Resnick, b., Eds. Geriatric Nursing Review Syllabus; A Core Curriculum in Advanced Practice Geriatric nursing, 2nd edition. New York: American Geriatric Society; 2007.
- Capezuti, E., Zwicker, D., Mezey, M., Fulmer, T., Gray-Miceli, D., Kluger, M. 2008. Evidence-Based Geriatric Nursing Protocols for Best Practice. New York: NY: Springer Publishing Co.
- Fall prevention: 6 ways to reduce your falling risk. MayoClinic.com: Tools for healthier lives. Available at www.mayoclinic.com/health/fall-prevention/HQ00657. Cited April 10, 2009.
- Bronson Policy Manual: G-07 HIGH RISK FALL/BED ENTRAPMENT:PREVENTION AND MANAGEMENT

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

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