

Duke MOVES Tip: Ambulatory and Inpatient



Instruct patients to move *slowly* when changing positions.

Patients may experience dizziness or lightheadedness when they move quickly. This can cause them to fall when:

Moving from laying down to sitting up on bed, stretcher, treatment or imaging table



Standing up from recliner, bed, wheelchair, or commode



Suggestions for “words that work” include:

“Please sit (or stand) up slowly. You have been in this positions for a while and you may feel dizzy. I want to keep you safe and make sure you don’t fall.”