



Falls can occur any time or place, even before patients arrive for their encounter.

Remember to educate patients and families on their risk of falls and tips for fall prevention.

Educate patients on:

1. *WHY they are at high risk for falls*

- Specify whether it is due to unsteadiness, medications, poor vision, medical conditions, equipment/tubing, other causes, or any combination



2. *What can they do to prevent a fall*

- Know which medicines you take that could make you sleepy or dizzy
- Wear shoes that fit well and that are not slick on the bottom
- Wear your glasses and/or hearing aid(s) during your visit
- Bring your cane or walker with you to use during your visit; request wheelchair, if needed



3. *What changes they should make in their homes*

- Clear floors and stairs of clutter; keep floors clean and dry
- Ensure good lighting in home; use nightlights
- Use non-slip mats or decals and/or shower chair when bathing



4. *What they should share with their providers*

- Falls since last encounter
- Current list of all medications

5. *How they can partner with us to prevent falls during their encounter*

- Inform the healthcare team if you feel weak or dizzy
- Allow the healthcare team to assist you in the bathroom
- Allow the healthcare team to use wheelchairs, devices, or equipment



For more information on patient and family education materials on fall prevention, visit:

Healthwise Patient Instructions for Epic found at healthwise.mclibrary.duke.edu

[Preventing Falls: Care Instructions](#)

[Preventing Outdoor Falls: Care Instructions](#)

[How To Get Up Safely After a Fall: Care Instructions](#)

DUHS Patient and Family Education found in Duke Health's Health Reference Library at healthwise.net

[Videos on Fall Prevention](#)

[High Falls Risk: Ambulatory/Outpatients](#)

[Preventing Falls at Home](#)