HIGH FALLS RISK: AMBULATORY/OUTPATIENTS

You are at HIGH risk for falling due to:

☐ Unsteadiness on your feet  ☐ Poor vision  ☐ Equipment/tubing
☐ Medications  ☐ Medical condition(s)  ☐ Surgical procedure(s)
☐ Confusion  ☐ Weakness  ☐ Bowel/Bladder problems
☐ Other: List__________________________________________________________

What can I do to partner with my healthcare team to prevent a fall?

• Know why you are at HIGH risk for falls and the plan to prevent you from falling.
• Inform your healthcare team if you have fallen in the last 3 months.
• Inform your healthcare team if: you feel dizzy or lightheaded or if you have numbness or tingling. Do not attempt to walk by yourself.
• Inform your healthcare team if you pass out at the sight of blood or if you are afraid of needles.
• 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.
• Wear yellow armband, if placed on you, while you are hospital / clinic area. This will identify that you are at High falls risk.
• Allow healthcare team member to assist you to bathroom and stay close by to provide assistance needed.
• Allow healthcare team to use lift devices or equipment to safely assist you in walking or transferring.
• Keep wheels locked on your wheelchair / chair to prevent movement when you are attempting to sit or stand.
• Allow healthcare team to use lift devices or equipment to safely assist you in walking or transferring from stretcher, wheelchair, exam table, commode, etc.

What can my family do to partner with the healthcare team to prevent a fall?

• Ask for assistance from healthcare team to get patient up or take patient to bathroom.
• Alert the healthcare team if the patient is trying to get up without assistance.