HIGH RISK for FALLS: INPATIENTS

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.
- Ask for help: to get up, move, or reach objects.
- CALL, DON’T FALL. Use call bell to call healthcare team before getting out of bed/chair. Wait for healthcare team assistance to arrive before getting up.
- Allow healthcare team to set your bed alarm and/or chair alarm to notify the healthcare team you are getting up.
- Allow healthcare team to use lift devices or equipment to safely assist you in walking or transferring.
- Do not wait until the last minute to call if you need to go to bathroom. Rushing can increase falls risk. (Encourage going to bathroom every 2 hours during day and every 4 hours at night).
- Allow healthcare team member to stay close by while you are in bathroom to help you as needed.
- Report to healthcare team if you feel dizzy or lightheaded. Do not attempt to get up alone. If standing and you are dizzy, sit immediately. Avoid quick, sudden movements by changing position slowly. Sit on the side of the bed for several minutes after lying down before standing slowly. Wait before walking.
- Use cane, walker, or other device if these are required when out of bed.
- Do not use tables with wheels, chairs or bed for support as they may move, causing you to lose your balance. Do not attempt to climb over side rails.
- Keep articles (call bell, phone, TV control, drink, tissues, cane /walker) within reach. Wear your glasses or hearing aid.
- Wear yellow socks when out of bed and yellow armband at all times.
- Pay careful attention to tubing, equipment, and electrical cords around you as these are trip hazards.
- Report spills or wet areas on floor to healthcare team.
- Leave night or bathroom light on at night.
- Keep bed in low position.
- Keep wheels locked on wheelchair /chair to prevent movement when you are attempting to sit or stand.

What can my family and visitors do to partner with my healthcare team to prevent a fall?
- Wait for the healthcare team to help patient out of the bed or chair to bathroom, or to get up and walk.
- Notify healthcare team when they are leaving.
- Stay with patient when possible, especially if patient is confused-a familiar voice/ face makes a difference.
- For children, keep crib rails up at all times. Never leave child unattended or turn your back with rail down.