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**Your safety is a top priority. You may be at an increased risk of falling while in the hospital. Staff may take extra precautions to keep you safe.**

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### What can you do to prevent a fall?

#### For Patients

- Call, DO NOT fall. Always call for assistance before getting up and when needing to use the bathroom.
- Always use assistive devices for ambulation (walker/cane/crutches).
- Always wear shoes or non-skid socks.
- Keep bed in lowest position.
- Keep side rails up as directed.

#### For Visitors

- Do not assist your loved ones in getting out of bed or chair. Use the call light for assistance.
- If possible, stay with your loved one while in the hospital.
- Keep environment safe and floor free of tripping hazards.
- If you leave, place personal items within your loved one's reach.

### Fall Prevention Measures

- STAFF ASSISTANCE WITH AMBULATION
- EARLY MOBILITY
- CALL LIGHT WITHIN REACH
- SHOWER SHOES
- YELLOW NON-SKID SOCKS
- YELLOW FALL BRACELETS
- YELLOW LIGHT OUTSIDE DOOR
- BED IN LOW POSITION WITH USE OF BED RAILS
- USE OF BED/CHAIR ALARMS
- FREQUENT ROUNDING AND TOILETING
- VIRTUAL SAFETY MONITORING
- EDUCATION
- BEDSIDE EQUIPMENT TO ASSIST WITH MOBILITY (EXAMPLE: GAIT BELT, LIFTS, WALKER, CANE, BEDSIDE COMMUNE, SHOWER CHAIR, ETC.)

### Early Mobility Program

Decreased mobility often leads to a variety of problems such as: mobility and functional issues (including increased risk of falling), increased hospital length of stay, and need for post-hospital rehabilitation. Early mobilization can improve patient outcomes.

## Stages of mobility program and care guidelines:

### Bedrest orders:

- Range of motion a minimum of three times a day
- Change position every 2 hours
- Elevate head of bed as tolerated to sitting position

### Sitting:

- Up to chair a minimum of three times a day
- Chair exercises

### Ambulation:

- Ambulate in hallways three times a day

What Increases Your Risk of Falling?	
Personal	Environmental
<ul style="list-style-type: none"> <li>● Age (65+)</li> <li>● Previous fall or fear of falling</li> <li>● Pain</li> <li>● Weakness</li> <li>● Difficulty breathing</li> <li>● Poor vision</li> <li>● Substance abuse</li> <li>● Impaired balance/gait</li> <li>● Medical Conditions:                             <ul style="list-style-type: none"> <li>○ Arthritis</li> <li>○ Diabetes</li> <li>○ Parkinson's Disorder</li> <li>○ Dehydration</li> <li>○ Neurological Disorders</li> <li>○ Low blood pressure</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Unfamiliar environment</li> <li>● Poor lighting</li> <li>● Items out of reach</li> <li>● Cluttered walkways</li> <li>● Wet floors</li> <li>● Equipment</li> </ul>
	Medications
	<ul style="list-style-type: none"> <li>● Pain</li> <li>● Diuretics</li> <li>● Laxatives</li> <li>● Blood pressure</li> <li>● Antidepressants</li> <li>● Heart</li> <li>● Seizure</li> </ul>

### Prevent a Fall



On discharge, for fall prevention tips, scan the following QR codes:

#### Fall Risk Prevention:



#### My Mobility Plan:

