

Fall Prevention Guidelines for Patients & Families

Accidental falls may occur in the hospital. The CFVH staff is committed to working with patients and families to reduce the risk of falls. Please speak with a staff member about the guidelines below or about specific safety concerns you may have. By following certain safety guidelines, you, your family, and friends can help reduce the risk of falling. Our health care team of nurses, doctors, physical therapists, and assistants are here to ensure a safe and speedy recovery. Your participation and cooperation with this program is an important part of patient safety.

Why Falls May Occur

1. You may become dizzy and disoriented from medication (sleeping, tablets, pain relievers, blood pressure pills or diuretics.)
2. You may become weak and unsteady from your illness, enemas, laxatives, long periods without food, or tests your physician has ordered.
3. The hospital may seem foreign and unfamiliar to you, especially when you wake up at night.

A Special Note for Family and Friends

For some patients, constant companionship can lower the risk of a fall. However, since staff cannot remain at one patient's bedside, arrangements may be made for a family member, private-duty nurse, or sitter to stay nearby. Ask the nursing staff if there are specific times when the patient might find your companionship most comforting.

Safety Guidelines for Preventing Falls

1. Always follow your physician's orders and the nurses' instructions regarding whether you must stay in bed or require assistance to go to the bathroom.
2. Use your call light to ask for assistance. Ask for help if you feel dizzy or weak getting out of bed or out of the bathroom.
3. Remain lying or seated while waiting for assistance. Please be patient. Someone will respond as promptly as possible.
4. If you must get up without waiting for help, sit for a moment before standing. Then rise carefully and walk slowly.
5. Wear rubber-soled or crepe-sole slippers or shoes whenever you walk in the hospital.
6. Do not lean or support yourself on your bedside table or IV poles, as they may roll.
7. Side rails and alarms are used as a reminder to stay in bed and are designed to ensure your safety.
8. Do not tamper with alarms or reminder devices.



SAFETY & FALL PREVENTION