

# Concerned about your risk for falls?

If you are concerned about your fall risks in the hospital, consult with your nurse. The nurse can work with you and your family to develop a comprehensive plan of care to help prevent falls. Your nurse can also discuss environmental hazards that may contribute to falls during your stay, working together to maintain a safe, clutter-free environment that is safer.

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# PREVENTING PATIENT FALLS



## DURING YOUR HOSPITAL STAY

*Use the information in this packet to make your hospital stay safer.*



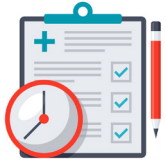
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**Patients are still at risk of falling while admitted to the hospital. Our staff may take these extra steps to prevent falls during your stay.**



**Conducting a fall risk assessment upon admission, frequently during your hospital stay and prior to discharge.**

**Creating a fall prevention plan based on your individual risk factors and implementing measures such as:**

- Call bell within reach
- Standard colored armband
- Standard colored non-skid socks
- Fall risk signage in room or on door
- Bed in low position with raised bed rails
- Bed alarm utilization
- Frequent check-ins by healthcare providers
- Frequent safety monitoring after medications that can make you drowsy or affect your balance
- Maintaining a safe environment by keeping the floor free of trip hazards
- Asking family to stay with the patient
- Fall prevention camera monitoring (if available)
- Bedside equipment to assist with ambulation (walker/bedside commode)
- Staff assistance when getting out of bed, toileting or moving



**Promoting patient and family education regarding individual fall prevention measures.**

**Assisting with discharge planning regarding fall prevention at home.**

## For Patients

- Call before you fall. Always call for assistance by using the call bell. Do not try to get out of bed by yourself or with the help of a family member. Our staff members are trained to assist patients who are at risk for falling.
- Utilize non-skid socks or footwear when walking.
- Use a walker/crutches/cane
- Keep bed siderails up as directed.
- Keep the bed in the lowest position.

## Risk Factors For Falls

- Advanced age (65+)
- Previous falls / Fear of falling
- Arthritis
- Diabetes
- Chronic Pain
- Parkinson's Disorder
- Muscle weakness
- Anemia
- Difficulty balancing
- Dizziness while moving
- Poor vision
- Food disorders
- Substance Abuse
- Dehydration
- Low Vitamin D
- Neurological disorders (*Dementia, Alzheimer's and depression*)
- Living alone
- Medication side effects

## For Visitors

- Do not assist your loved one in getting out of bed. Use the call bell at all times.
- If possible, stay with your loved one while in the hospital.
- Keep environment safe and the floor free of trip hazards.
- If you leave, place personal items within your loved one's reach.

## Medication Risk



Many medications or combinations of medications used to treat a variety of conditions can increase your risk of falling. Examples include blood pressure and pain medication. Check with your healthcare provider to see if you are taking a medication that will increase your fall risk.