

How Loved Ones Can Help

- If a patient meets any fall criteria, do not attempt to get the patient out of bed. Notify the nursing staff and they will assist the patient.
- If the patient is at risk for falls, the bed alarm may be activated by the nursing staff. Please do not turn these alarms off.
- If you are visiting the patient, please notify the nurse when you are leaving.
- In most situations, a family member is encouraged to stay with the patient at all times if the patient is at risk for falls. Please inform the nurse if you wish to stay overnight so appropriate arrangements can be made.

Balance Institute

Eisenhower Medical Center offers a Balance Institute to help improve gait and mobility using state-of-the-art equipment. Please consider this option and discuss it with your physician or caregiver if you feel that you would benefit from this program. For more information, call 760-773-1494.

Falls: Are You at Risk?



FALL PREVENTION

GUIDELINES FOR

HOSPITAL PATIENTS



EISENHOWER MEDICAL CENTER

Health Care As It Should Be

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Health Care As It Should Be

Fall Facts: Who Is At Risk?

All patients are at risk for falls in a hospital due to medical conditions and new, complex surroundings. Your risk for falls may increase if you meet any of the following criteria:

- Previous fall
- Fear of falling
- Hearing impaired
- Confusion or intermittent confusion
- Mobility problem
- Visual impairment
- Taking medications, such as laxatives, narcotics, diuretics, hypnotics, anticonvulsants, blood pressure medications or taking multiple medications
- Age 60 years or older
- Chronic neurological disorders, such as Alzheimer's or dementia

How Falling Can Affect You

Did you know that falls:

- Increase your risk of injury and are the leading cause of death in people age 65 or older.
- May cause severe injury if you have conditions such as osteoporosis (weak or fragile bones), are on blood thinners (Coumadin® or Plavix®), or have thrombocytopenia (low platelets).
- Cause more than 90 percent of hip fractures.
- Seriously reduce physical functioning and quality of life.

Falls Are Preventable!

You and your loved ones have the most important role in preventing falls. In conjunction with the clinic team, you are a vital part of preventing falls during your hospital stay.

Ways you can help:

- One of the most common fall risks occurs when patients try to walk from their bed to the restroom alone. **Please press your call light to ask for assistance;** your safety is our number one priority! While it may not always be possible to anticipate when you will need to use the restroom, please make a conscious effort to press your call light 15 minutes before you wish to leave your bed. This will allow you time to prepare for moving and for your nurse, who may be with another patient, to assist you. Allowing extra time will ensure that you can move with less urgency, reducing the risk of a fall.
- Know and comply with the level of activity your physician has recommended (e.g., bed rest, getting up with assistance).
- Use helping devices, such as a walker, cane or bedside commode.
- Ask for help any time you feel weak, dizzy or lightheaded.
- When rising from a lying position, sit, then stand up slowly to avoid unsteadiness, or wait until a staff member can assist you.
- Wear nonslip footwear.
- Wear your glasses /hearing aides.

Your safety is important to us!