



## How Loved Ones Can Help

- In most situations, a family member is encouraged to stay with the patient if the patient is at risk for falls. If the patient needs assistance, stay with them during their appointment or make arrangements for a caregiver. Under some circumstances, you may not be able to stay with the patient due to privacy issues or type of procedure being performed.
- Please report any potential fall hazards to a staff member.

## 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 IN

OUTPATIENT SETTINGS



**EISENHOWER MEDICAL CENTER**

*Health Care As It Should Be*

39000 Bob Hope Drive  
Rancho Mirage, CA 92270-3221  
760-340-3911 / emc.org



**EISENHOWER  
MEDICAL CENTER**

*Health Care As It Should Be*





## Fall Facts: Who Is At Risk?

All patients are at risk for falls, especially in 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, cancer therapy, blood products or taking multiple medications
- Age 60 years or older
- Chronic neurological disorders, such as Alzheimer's, dementia, etc.

## 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 visit.

### Ways you can help:

- Take advantage of complimentary valet parking and shuttle service (tipping not accepted) on the Eisenhower campus.
- Pull your car close to the clinic entrance and ask for assistance to get out of your car or for getting to your appointment.
- Allow plenty of time to get to your appointment.
- Please bring your helping devices, such as a walker or cane, and use them. Wheelchairs are available upon request.
- Use sidewalks and paved walkways. Avoid planters and flower beds.
- 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 flat, nonslip footwear that offers heel and ankle support.
- Wear your glasses/hearing aids.
- Stay well hydrated.

**Your safety is important to us!**

