

FALL PREVENTION GUIDELINES

The nursing staff at Baylor Medical Center at Uptown has the following suggestions to help you avoid a fall during your hospitalization.

You may become a risk for fall due to the following:

- ✓ Medical diagnosis
- ✓ Medication regimen
- ✓ Procedure / surgery
- ✓ Unfamiliar environment



Always:

1. When getting up:
 - ✓ Get up slowly
 - ✓ Sit on the side of the bed for a few minutes
 - ✓ Wear slippers or shoes with non-skid soles
 - ✓ Call for help if you feel dizzy, weak, or light headed
2. Use the call switch in the bathroom if you become weak or need assistance back to bed.
3. Notify the nursing staff immediately if a spill occurs on the floor.
4. Remember to keep your phone, call light, ice/water pitcher within easy reach. If you need assistance in doing so, notify the nursing staff.
5. Let the staff know if you use medical equipment to assist you while walking, lifting and transferring to provide stability.
6. When appropriate, a gait belt should be used for assisting while walking, lifting and transferring to provide stability.

If we determine you are at an increased risk for fall, for your safety we will:

1. Post a fall risk notification on your door.
2. Have a nurse or aide assist with all transfers.
3. Keep two of your side rails up.
4. Provide you with a bedside commode if necessary and encourage toileting with assistance every 2 hours while awake and every 4 hours during the night.
5. Bed alarms will be turned on, so we are aware of when you are getting out of bed.
6. Request a family member to stay with you.