Preventing Falls

Falls are the leading cause of injury for patients in any hospital.

Things your family and visitors can do to promote your safety:

• Bring in glasses, hearing aids and safe shoes.
• Share with staff any history of falls or confusion or if they notice new confusion or dizziness in the patient.
• Call a staff member to the room if the patient needs repositioning or assistance to the bathroom.

DO NOT ASSIST THE PATIENT YOURSELF unless the staff has determined that the patient is safe to walk without staff assistance.

• Never turn off an activated bed or chair notification device.
• Encourage the patient to perform bed and chair exercises as directed by the staff.

Home Safety:
Chances of experiencing a fall are increased during the first month after a hospital stay.

For more information on home safety, talk to your nurse or provider.

HartfordHealthCare.org
There are things you can do to avoid falling while in our care:

- Wear the double-sided grip slippers or non-skid shoes when out of bed
- Notify our staff immediately if any fluid is spilled on the floor
- Move slowly when getting out of bed and wait a few moments before walking away from the bed or chair
- Be aware of any tubes, drains or equipment attached to your body that might cause you to trip
- Do not use mobile objects such as IV poles, over-bed tables or unlocked wheelchairs to steady yourself. Work with our staff to assist you, especially if you feel weak, dizzy, tired or uncertain of your ability
- Notify our staff immediately even if you almost fall or just lose your balance a bit. We can assist you in confidently moving about.
- Performing bed and chair exercises during your hospital stay can help you to maintain and regain strength, balance and coordination.

Ask your nurse or physical therapist about exercises appropriate to your circumstances.

Things that hospital staff will do to be sure your stay is safe:

- Place your personal items and call bell within reach at all times.
- Determine if you are at a higher risk of falling. Your nurse assesses your risk of falling when you are admitted to the hospital and then throughout each day.
- If you are determined to be at high risk, we will provide special care and support including:
  - Signage to advise caregivers and loved ones that we are paying special attention to your safe mobility. Staff will assist you with your mobilization needs, including sitting in a chair and walking.
  - You will be given a yellow bracelet to let our caregivers know to support you wherever you are in our hospital. Even your slippers will be yellow and have a special grip pattern to keep you from slipping!

Falls are the leading cause of injury among patients in hospitals. The primary goal of healthcare workers at Hartford HealthCare is to identify patients at risk of falling and keep them safe.

Due to your illness or injury, your risk of falling during hospitalization is increased.

In addition to being in a new environment and not in your best health, there are other risk factors that increase your potential to fall including:

- recent fall
- dizziness
- weakness
- toileting urgency
- forgetfulness or confusion
- recent procedure or surgery
- poor vision or hearing
- selected medications
- low blood pressure

And in all cases remember:

CALL... so you DON’T FALL!

Please allow us to help you to stay safe.