How to Prevent Falls in the Hospital

One of our main goals is to keep you safe while you are here. You may have tests, medicines, and treatments that increase your chance of falling. Some patients are at a higher risk for getting hurt if they fall. Your health care team may decide you need extra care if you are at risk for injury from a fall.

How can you and your family help?

- Call for help before you try to get out of bed or out of the chair. We will make sure that your call light and other important items are put where you can reach them.

- Sit at the side of the bed and wait to see how you feel before you stand up. Being in bed for even one day or taking new medicines may cause you to feel dizzy or weak.

- If you regularly wear eyeglasses, continue to use them while in the hospital.

- If you use a cane or walker at home, continue to use it while you are in the hospital. Do not hold on to furniture to give you support as it could roll or move.

- We will keep the floor in your room free of spills or slippery areas. Please let us know if you see a spill before we do.

- One side rail will be left down on your bed unless there is concern for your safety. Please do not rest against the side rails of your bed.

- Ask someone to unplug and plug in your IV pump. Bending over can cause you to feel dizzy. Never lean on or use an IV pole for support when you are walking.
• Do not wear long nightgowns or bath robes. These could cause you to trip.

• Wear nonskid slippers, socks or shoes when you are out of bed. Wear shoes or slippers that fit well and stay securely on your feet. If you need something to wear, ask your nurse or Patient Care Associate (PCA) for a pair of nonskid socks.

• Go to the bathroom often to avoid having to rush. Your nurse or PCA will check on you each hour to see if you need any help. That may be a good time to use the bathroom.

For more information on falls prevention, we encourage you to visit our video library at http://cancer.osu.edu/patientedvideos.