

BEFORE YOU GET OUT OF BED...

- Do not feel you are a burden! **Ask the nursing staff for assistance**, especially at night, by using your **call bell** to get help. Please be patient and wait for help to arrive.
- If it is dark, have the lights turned on over your bed and/or in your room.
- Sit on the bed for a minute before you stand up. Standing up quickly or after being in bed for a long time can make you dizzy.
- Wear well-fitting footwear.
- If you have a walking aid, make sure to use it at all times. **Ask for help** if your walking aid is not in reach.
- Get your balance before you start to walk.

Ask the staff if you have any questions or concerns

FALL FACTS

- Falls are the #1 threat to patient safety in Interior Health.
- 1 in 3 Canadians aged 65 years and over fall every year; of those that fall, half of them will fall repeatedly.
- Falls are the #1 cause of head injuries and broken hips.
- One-quarter of older adults who break their hips have to leave their homes because they do not fully recover.
- About one quarter of people aged 50 and over who have a broken hip will die within 12 months.

***Together we will reduce
the risk of falls and
fall-related injuries.***

This brochure was developed for use throughout Interior Health by the Acute Care Fall Prevention Community of Practice.



Interior Health

Fall Prevention

In Acute Care



**Your Guide to Preventing
Falls and Related Injuries
While in Hospital**

WHY AM I AT RISK OF FALLING?

- Recent illness
- Recent surgery
- Slippery or poor fitting footwear
- Urgent need to go to the bathroom
- Confusion
- Taking more than 4 medications daily, especially if they cause drowsiness or a drop in blood pressure
- Unfamiliar environment

Your health and safety are important to us. We are committed to reducing the risk of falls and fall-related injuries, while minimizing the use of restraints in our health care facilities.

Here are some ways we can work together to reduce your risk of falling while in hospital.

THINK ABOUT YOUR ENVIRONMENT

Bathroom: Falls commonly occur when getting up to go to the bathroom. Ask for assistance if needed. Use the handrails by the toilet and sink.

Room Furniture: Do not use furniture to support yourself. It may be on wheels.

Floor: Report any spills or obstacles on the floor to staff.

Wheelchair: Make sure the brakes are on before sitting down and standing up.

Belongings: Ask to keep personal items within your easy reach.

Vision & Hearing: Wear your glasses and hearing aids. Make sure they are working properly.

Footwear: Wear well-fitting footwear; flat, enclosed heels, rubber soles and lace-up shoes are best. If you don't have shoes then ask staff for non-skid socks. NO slippers.

THINK ABOUT HOSPITAL BED SAFETY

Bed Height: Unless your therapist advises otherwise, your bed should be at knee height when you are getting out. Staff can adjust the bed for you.

Call Bell: Make sure to have your call bell within reach.

Bed Rails: NEVER climb over bed rails. If bed rails are up, use your call bell to get help. You risk a more serious injury by climbing over the bed rail as the fall is from a greater height.

Leaving the bed rails down promotes your mobility and independence and reduces feelings of isolation or restriction.

PROTECT YOUR HIPS

Falls are the most common cause of hip fractures (broken hips) among frail, older adults.

Hip Protectors can be used to prevent hip fractures.

**Ask the staff about
HIP PROTECTORS**