



## Fall Risk ALERT

Dear Patient and/or Family,

The danger of falling is very high, especially for our patients who have just had surgery. Many things increase the risk, such as: not being in your own home and bed; certain medicines (sleep aids, pain medicine and water pills); and certain procedures (regional block - the medicine the anesthesiologist uses to make your arm or leg(s) numb during and after surgery). If you have fallen before or you are dizzy, unsteady on your feet, are having problems hearing or getting confused, the risk of falling is even higher.

We will do all we can to make your stay with us safe and comfortable, but we need your help and cooperation.

All of our patients who are at risk will be on special precautions to address any safety concerns. Many patients feel strong after surgery and don't think they need help with simple things like getting out of bed or going to the bathroom. We know from years of experience who might fall and we use that knowledge to plan your care. Throughout your stay, we take various precautions to help keep you safe and fall free. You may notice the following items and actions used during your stay to prevent a fall:

- You will be instructed to call for assistance each time before you try to get up.
- A list of the devices used to assist you will be listed on the white board in your room.
- Non-skid socks will be provided for you when you are out of bed.
- While in bed, an alarm will be activated. This will alert staff if you attempt to get out of bed without assistance.
- A room near the nurse's station may be provided, if determined necessary, to decrease your fall risk.
- Families and employees will be encouraged to keep your path clear of items.
- Families are encouraged to stay if a high risk is determined. If family is unable to stay, a staff member may be assigned to sit in your room.
- Staff will check frequently (day and night - pardon our interruptions) to be sure you are safe.
- A wide cloth belt called a Gait Belt will be in your room. We put this around your waist so we can hold it to assist you with moving safely.
- Bedside toilets are frequently used to shorten your walk to the bathroom until you are stronger.
- The nurse call light will be within reach and we can turn up the room lighting for you as needed.
- Education will be provided so you can prepare your home to prevent future falls.

If you have any questions regarding fall prevention, you may ask one of our staff members. Also, feel free to discuss these and any other risk or fall concerns with your nurse.

I understand that I have been identified as a fall risk, and my plan of care has been discussed with me. I accept responsibility in following these guidelines in order to maintain my safety.

\_\_\_\_\_  
Patient or Patient Representative Signature

\_\_\_\_/\_\_\_\_/\_\_\_\_  
Date

\_\_\_\_\_  
Printed Name of Patient or Patient Representative

\_\_\_\_\_  
If Patient Representative, Relationship to Patient

\_\_\_\_\_  
Witness Signature

\_\_\_\_/\_\_\_\_/\_\_\_\_  
Date