

Preventing Falls During Your Stay

Some patients are more at risk of falling than others. Those who might be more likely to fall include:

- Patients with a new injury or condition
- Infants and toddlers
- Patients who have seizures
- Patients who have a history of falls

While in the hospital, your condition might make moving yourself difficult and increase your risk for falls. Your nurse and doctor will explain your activity limitations.

Here are some things you and your family can do to help prevent you from falling during a hospital stay:

When You're in Bed

- Keep the bed in the lowest position when you're alone.
- Keep side rails up on the bed or crib at all times.
- Make sure you can easily reach the call button.
- Take special care when you're hooked up to tubes, lines and other cords.
- Have a nurse help get you get out of bed, unless you're told otherwise.

When You're Active

- When you're standing or walking, wear shoes or socks with a nonskid surface, or cast boots if appropriate.
- Take extra care when you use a cane, crutch, walker or wheelchair.
- When you're on an exam table or being transferred, use side rails.
- Take special care after you've had a procedure that might make you dizzy or requires medicine or sedation.
- Make sure the floor in your room isn't cluttered.

Falls Risk Assessment

During your hospital stay, the nurse might do a falls risk assessment to help identify ways to keep you safe and prevent falls during your hospital stay. If you're identified as having a high risk of falls, you might be given these additional precautions during your hospital stay:

- Increased supervision
- A bed alarm
- An enclosure bed
- A reverse-locking safety belt on a wheelchair

Please discuss questions or concerns about your risk of falls with your nurse or doctor.

[Make An Appointment](#) **651-290-8707**

This information is for educational purposes only. It is not intended to replace the advice of your health care providers. If you have any questions, talk with your doctor or others on your health care team.

If you are a Gillette patient with urgent questions or concerns, please contact Telehealth Nursing at [651-229-3890](#).