Tips To Keep You From Falling

IN THE HOSPITAL, YOU MAY HAVE MORE RISK OF FALLING BECAUSE:

- You are in a new place. Pathways are all different.
- You may be taking medicine that might cause you to be dizzy or confused.
- You may get weak and unsteady from being sick, or from your tests and treatments.

WHILE YOU ARE IN THE HOSPITAL, DO THESE THINGS TO HELP KEEP YOU FROM FALLING:

- Keep the nurse call button where you can reach it all the time.
- Call the nurse or patient care assistant (PCA) to help you get up if you feel dizzy or weak. They want to help you.
- If you have any medical equipment connected to you, such as IVs, drains or tubes, be sure to call for help every time you need to get up, especially if you need to use the toilet This is important to prevent tugging on the equipment or tripping over it.
- Keep your bed in the low position while you are resting or sleeping.
- Keep your phone and personal items where you can reach them without leaning.

HOME CARE:

- Change positions slowly.
- Sit up on the side of your bed for a few minutes before standing. This prevents dizziness.
- Keep a urinal or bedside commode by your bed at night.
- Keep a light by your bed you can turn on before getting up. Turn lights on as you go, so you can see clearly.
- If you wear glasses, put them on before getting up out of a chair or bed. Wear them while you are walking. Seeing clearly helps your balance and helps you notice things blocking your path.
- Walk slowly.
- Wear sturdy shoes with low heels and non-slip soles.
- Stay close to sturdy furniture that you can hold on to if needed.
- If you have a cane or walker, be sure to use it whenever you are walking.
- Keep floors and stairways clear of clutter.
- Get rid of rugs that slide or bunch up.
- Use reflective tape on the edges of steps and to mark the top and bottom of staircases.
- Put up grab bars by your tub, shower and toilet.
- Get a higher toilet seat.
- Use a shower seat with non-slip legs. Put a non-slip mat in your tub.
- Avoid using step stools.
- Keep things you usually use in an easy-to-reach place. Do this in the kitchen, bathroom and bedroom.
- Keep a phone by your bed.
- Keep an emergency response button with you all the time.

Easy-to-Read style based on content from Parkland Health & Hospital System, Dallas, Texas

Document Released: 10/14/2010 Document Re-Released: 10/15/2010
ExitCare® Patient Information ©2011 ExitCare, LLC.