

Fall Prevention Tips for Patients

We would like your stay at CVPH to be as safe as possible. To decrease your chance of experiencing an accidental fall during this hospitalization, please review the following tips:



- Please use your call light when you need help. *Call don't fall!*
- Ask the nursing staff for help to and from the bathroom. This is very important if you are unsteady. The call lights in the bathroom are located on the wall in the shower, and next to the toilet. They have a long red cord attached to them that you pull in order to activate the call light.
- For your safety, a member of the nursing staff may stay with you in the bathroom. Pay close attention to any tubing, such as oxygen, catheters, IVs, etc. that may interfere with walking.
- Some medicines may cause you to feel dizzy, light headed, or sleepy. Take your time when getting out of the bed or chair. Sit at the edge of the bed or chair for a few seconds before you get up.
- Wear nonslip socks or footwear when you are standing or walking.
- Walkers and canes can provide support. Other items do not. Please do not lean on bedside tables, furniture, IV poles, or other items to steady yourself as they have wheels and could roll away from you.
- If you use a walker cane, or wheelchair at home, please inform the nursing staff, or bring in yours to use during your hospital stay.
- Ask a member of your health care team to place your call light, phone and any personal items within your reach before he or she leaves the room.
- Please speak to a member of the nursing staff if you have any concerns for your safety.



Fall Prevention Tips for Families

We would like patients to be as safe as possible during their stay at CVPH. To decrease the chance of an accidental fall during this patient's hospital stay, please review the following tips:

- We ask that you make sure the call light, phone, and personal belongings are within easy reach of the patient before you leave the room.
- Call the nurse if the patient is dizzy, weak or light headed.
- Reinforce to the patient the need to call out and ask the nursing staff for help before attempting to get up. Call Don't Fall!
- We ask that you do not attempt to help the patient yourself. Please call a staff member to assist them.
- Consider having a family member stay with the patient if the patient is confused or at a high risk of falling.
- Please call the nurse before leaving the patients room if the patient is confused. This is so that the nursing staff can make sure all proper safety measures are in place to help protect the patient.
- Make sure your family member wears nonslip socks or footwear when they are standing or walking.
- Walkers and canes can provide support. Other items do not. Please remind your family member not to lean on bedside tables, furniture, IV poles, or other items to steady themselves as they have wheels and could roll away from them.
- If your family member uses a walker cane, or wheel chair at home, please inform the nursing staff, or bring in theirs to use during their hospital stay.
- Please make sure you place the call light, phone and any personal items within their reach before you leave their room.
- Please speak to a member of the nursing staff if you have any concerns for your family members safety.

