

# Preventing Falls When Staying Overnight in the Hospital

**Information for patients and families**



**We take safety seriously.  
Let's work together to prevent falls.**



**Patient Education**



**UHN**

Toronto General  
Toronto Western  
Princess Margaret  
Toronto Rehab  
Michener Institute

At University Health Network (UHN) your safety is important to us. That's why when you are in the hospital we:

**1. Show you around your room, bathroom, and nursing unit.**

**2. Check your risk of falling.**

- We ask you questions to check your falls risk level. You may be at risk of falling if you:
  - have fallen before
  - have a condition that increases your risk of falling
  - have difficulty with balance or movement
  - are unsteady (shaky, wobbly) when you walk
  - feel dizzy, tired or weak
  - use a mobility aid, such as a walker, cane or crutches
  - take many medicines each day
  - have intravenous (IV) lines or other tubes attached to your body
  - have changes in your thinking or feeling, such as confusion (trouble understanding what is happening around you) or agitation (restlessness or nervousness)
- Tell your care team if:
  - you think you are at risk of falling
  - you have trouble walking or slip and fall often
- We work with you to create a plan to prevent falls and fall injuries.

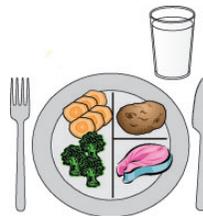
### 3. Keep your paths clear by:

- making sure your room, doorway and hallway are free of things that could cause you to trip and fall
- cleaning up spills right away
- making sure you have enough light
- keeping your bed low to the floor and the brakes on
- helping you move if you have IV lines or other tubes attached to your body



### 4. Keep important things where you can reach them, including:

- personal items (eye glasses, hearing aids, walker or cane)
- equipment (tray table, telephone, call button, bed adjuster, urinal)
- food and drinks
- non-skid foods



### 5. Check in on you often.

- We check in on you often to make sure your care needs are met.
- We help you manage any pain you may have.
- We check your medicines to see if they may increase your chance of falling.

## How can I help?

- Work with your care team to see if you are at risk of falling. Follow their instructions if you are at risk.
- Know that your fall risk level may change during your stay, such as when taking medicines or after a procedure.
- Let your care team know if you think you are at risk of falling. Ask for help with moving, such as when standing or walking to the washroom.
- Call and wait for help before moving on your own if you need help moving.
- Wear non-skid shoes that fit well.



- If you use:

- eye glasses
- hearing aids
- a cane
- a walker or wheelchair



bring them with you.

- Don't lean on tray tables, bedside tables or any furniture. Most hospital equipment is on wheels.
- Call for help if you feel weak, dizzy or pain and you need help doing something safely.



**Let us know how else we can help prevent you from falling.**



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