

VALUING YOUR PRIVACY & YOUR SAFETY



Call, don't fall.

We are glad to assist you. **Just press the call button** and we'll be **here to help** with:

- Getting to the bathroom
- Bedside commode
- Whatever you need

Be Aware of Bathroom Risks

At Saint Alphonsus, we strive to make your stay as safe and pleasant as possible.

One of the most common situations in which falls occur is getting to or from the bathroom or using the bedside commode.

- Plan routine trips to the bathroom.
- Allow time for staff to help you.
- Staff should be within arm's reach while you are toileting to help protect you from falling.



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Patients, family, friends, caregivers and the hospital staff must work together to ensure a safe hospital stay. Please check with your staff if you have any questions or concerns about safety and preventing falls.



Patient Safety Through FALL PREVENTION



SAFETY NOW AND ALWAYS



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Remember to

“Call, Don’t Fall”

Why am I at risk of falling?

- Being weak or unsteady on your feet.
- Using a walking aid (i.e., crutches, cane, walker) or leaning on objects to help you get around.
- Being in an unfamiliar environment and connected to several medical devices.
- Overestimating your physical ability.
- Medications such as recent anesthesia, and blood pressure or pain medications.
- Frequent need to use the bathroom.
- History of falling.

What will my care team do to help prevent me from falling?

To help keep you safe, staff will take certain measures, including:

- Routinely assess your risk for a fall.
- Develop a plan of care to avoid or limit factors that put you at risk.
- Orient you to your room and fall prevention strategies.
- Educate you and your family/caregiver on fall prevention.

We may use a **bed exit alarm** - an alarm will sound if you move toward the edge or foot of bed and activate the nurse call light or a **chair alarm** - an alarm will sound if you stand up and activate the nurse call light. **DO NOT turn these alarms off.** Please call the staff to assist you.



What can I and my family do to help prevent a fall?

Fall prevention involves not only the patient and staff, but family, friends and caregivers as well. During your hospital stay, follow these safety reminders:

- “Call, Don’t Fall”
 - Use the call light to ask for help when getting up anytime you feel weak, unsteady or lightheaded.
 - Use the call light every time you want to get up if you are at risk of falling.
- Wait for staff to assist with the patient.
- Please don’t take the patient to the bathroom or leave them alone in the bathroom.
- Wear non-skid slippers or shoes when walking, and use a walking aid if indicated.
- Do not lean on anything that may roll or move, such as the bedside table or an IV pole.
- Report any spills or liquid on the floor.
- Family, friends and caregivers should alert staff when they leave.

How do I prevent falls at home?

After you leave the hospital, it will be important for you and your family to practice fall prevention and safety at home. You will receive additional information on home fall prevention throughout your hospital stay.