FALL PREVENTION GUIDELINES FOR PATIENTS

Accidental falls may occur in the surgery center. Our healthcare team of nurses, doctors and assistants are here to assist you in a safe and speedy recovery. Your participation and cooperation with these guidelines will help prevent unnecessary injury.

Why Falls Happen:

Falls may occur due to:

* Medications such as tranquilizers, sleeping tablets, pain relievers, blood pressure pills or diuretics may make you dizzy and disoriented.
* Your illness or the preparations needed prior to your procedure such as enemas, new medications, long periods without food and water, or tests your physician has ordered may make you weak and unsteady.
* Previous history of falls may increase the fear of falling again.
* Impairments such as unsteady gait, vision or hearing problems, confusion, incontinence, and diarrhea.
* Surgical procedure/treatments to lower extremities.
* The Surgery Center may seem foreign and unfamiliar to you, especially when you wake up after anesthesia.

Safety Guidelines for Preventing Falls:

By following the safety guidelines below, you, your family, and friends can help reduce your risk of falling.

* When you need to use the restroom, ask someone to assist you by using the call light by your stretcher or in the bathroom. You will be asked to wear the center supplied nonskid socks unless you are allowed to leave your shoes on.
* Remain lying or seated while waiting for assistance. Please be patient, you will be assisted as soon as possible.
* Patients requiring anesthetics and/or pain medication should be assisted with dressing by a staff member. DO NOT attempt to get dressed unattended.
* The nurse will assist you with getting out of bed. You might feel dizzy or weak, and if you do, we will have you sit in bed awhile before standing. We will then have you rise carefully and slowly before you begin to walk with assistance.
* Walk slowly and carefully when out of bed with assistance. Do not support yourself on rolling objects such as IV poles or bedside tables.
* Always follow your physician’s orders and the caregiver’s instructions regarding whether you must stay in bed or require assistance to go to the bathroom.
* Because center staff members cannot remain constantly at a patient’s side, it is recommended that a family member stay with the patient at all possible times.

I have received information on the prevention of falls.

Patient signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_