



Fall Prevention in the Hospital



Overview

When you're in the hospital, you may be in a small room with a lot of equipment. The medication you take may make you lightheaded or dizzy. You may be weak or injured. All of these things make a fall more likely. So let's learn how to stay safe.

Talk with your care team

First, talk to your care team about your fall risk. Listen to their advice, and follow their instructions.

Stay sharp

Next, keep your senses sharp. If you normally wear eyeglasses or hearing aids, wear them in the hospital, too. Dress appropriately. Wear non-skid slippers or comfortable shoes that fit well.

Ask for help

Ask for help when you need it. Keep personal items where you can reach them. Keep the call button within reach, too. If you ever need help, press the button.

Rise with caution

If you've been told you can get out of bed on your own, be safe. Sit up slowly and carefully. Make sure your feet are clear of things that could trip you. Sit at the edge of the bed before you stand. As you stand, steady yourself with a cane or walker if you have to. Don't lean on other things in your room, like your IV pole or bedside tray, because they won't support you.

Conclusion

If you're unsteady, never get up without help. Press the call button. Remember that there's a call button in the bathroom, too. By following these simple steps, you can make your hospital stay a safe one.