We use a team approach to assure high quality patient care and reduce falls.

Team members include the patient, family or loved one, nurse, patient care assistant, care management coordinators, social workers, respiratory, physical and occupational therapists. Working as a team, with clear, open communication, is effective in reducing falls and injuries.
BE PART OF OUR TEAM TO REDUCE FALLS

Aging, medications, weakness or confusion from illness can place us at a higher risk for falls. Falls can affect you emotionally and physically, possibly resulting in serious complications such as hip fractures or head injuries. There are no guarantees that your loved one will not fall, but steps can be taken to reduce falls and injuries sustained during a fall.

These steps include:

1. A risk assessment is completed upon admission. We assess each person for specific patterns, situations, history and behaviors associated with falls.

2. At-risk patients are identified with a “Catch a Falling Star” program symbol. This informs the caregiver team that a special need is present.

3. To reduce the risk of falls and maintain a balance of independence, freedom of movement, dignity and safety, patient specific assessment recommendations are started.

WE NEED YOUR HELP

As a patient, family member or loved one, you can be helpful in reducing falls and the injuries that could result.

FAMILIES AND VISITORS

Your role in the care of your loved one is extremely important. You can assist in reducing falls by:

- Visiting frequently.
- Encouraging use of the call light for assistance.
- Bringing any concerns to the attention of the nurse caring for your loved one.
- Encouraging activity as permitted by the patient’s activity level.
- Planning for discharge with the Care Coordinator.

OUR PATIENTS

- Know your call light location and use it when you need assistance.
- Call for assistance to the bathroom as instructed by your caregiver, even if you feel better/stronger.
- Many items in the hospital have wheels on them and should not be used as a support.
- Call for help before attempting to stretch to reach items that are out of your reach. Leaning over could cause you to lose your balance and result in a fall.
- Wear low-heeled shoes or non-skid slippers that are comfortable but also fit well.
- While sitting, lock the wheels of a wheelchair and lounge chair.
- Call for help before getting out of bed or using your wheelchair or commode as instructed by your nurse.
- Call for assistance, anytime you feel weak, tired, or your energy/alertness levels are affected.

To find out more about “Catch a Falling Star,” please ask the nurse caring for your loved one.

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