

AHA/HRET Fall Prevention Tips for Hospital Patients and Families



Did you know?

A fall in the hospital can lead to serious injury. You and your family can partner with your care team to reduce the risk of falling. You may be at greater risk of falling in the hospital because your room is different from your room at home and you may not get as much sleep. In addition, certain medications and staying in bed longer than usual can make you dizzy or unsteady on your feet.

How can you help prevent a fall and injury?

	Let your care team know if you have ever fallen at home or what you do at home to prevent falls.
	Always ask for help when you are getting up.
	Sit up slowly and sit on the side of the bed for a few minutes before standing.
	Wear shoes or slippers that do not slide and wear your glasses or hearing aid.
	Before you get up, look for cords, medical equipment or other items in your path so you are less likely to trip.
	Don't hold on to bedside tables or other furniture or equipment that could roll away.
	Keep your call light, phone, glasses, remote and other personal items within reach.
	Tell your care team if you are feeling dizzy, unusually tired or confused. These may be side effects from your medications.
	As encouraged by your care team, walk with your nurse, therapist or loved one and do exercises in bed to keep up your strength.
	Family members or other care partners are welcome to stay with you in the hospital. They too can help you prevent falls.
	Ask your doctor or nurse how you can stay safe and prevent falls in the hospital and at home.

Call, don't fall! Please stay safe in the hospital.