

*Your Safety Is Our Priority*  
*Keep Safety In Mind At All Times*

## **Fall Prevention Initiative**

### **OUR MAIN CONCERN IS YOUR SAFETY.**

- Preventing falls before they occur is one way to ensure your safety.
- We need your participation! Be a partner in your care.
- If you have fallen at home or have concerns about falling, please discuss with your Nurse.
- While you are in the hospital, you may be at greater risk for a fall than when you are at home.

*Some things we will ask you to do are:*

1. Call for help, especially if you are going to the bathroom or getting out of bed.
2. Do Not hold onto rolling furniture such as your bedside table. It may move and cause you to fall.
3. Do Not lean over to pick up items from the floor or stretch to get objects that are out of reach.  
These movements may make you fall. Ask for help.
4. Get up slowly from the bed or chair. Ask for help.
5. Wear non-skid foot wear.
6. Use your cane or walker.

*Many of these points will also help you when you return home.*

## **Family and Visitors**

*You are an important part of the patient's care. You can help prevent falls by:*

1. Visiting as much as possible.
2. Help keep patient's belongings within his/her reach.
3. Encourage the patient to call for help if they need to move, get out of bed or chair, or use the bathroom.
4. Always check with the Nurse before moving the patient out of bed or to a chair.
5. Always check with the Nurse prior to walking or taking the patient to the bathroom.
6. Notify your nurse when you are leaving the patient alone.

*Keep safety in mind at all times.*

**If you have any questions or concerns please ask your nurse.**

*Patient Safety Initiatives to keep you safe during your stay in the Medical Center*

- \* We have a Rapid Response Team available for patients and families 24 hours a day seven days a week for emergencies. Dial 11 and ask for the Rapid Response Team.
- \* "The single most important means of preventing the spread of infection is hand-washing", Center for Disease Control. We want you to know that our Associates are required to practice hand washing before and after patient contact to prevent the spread of infection. Hand washing is also important for visitors before and after you visit the patient. Ask your caregiver if they have washed their hands.
- \* Utilize the note section located in your admission folder for writing important notes.
- \* Use the Patient Connect Line for non-urgent concerns, at telephone number 29-5771 while inside the Medical Center ,or call 609-835-5771 from an external location.