



A program of Choices Healthcare

Fall Prevention

If the patient is unsteady, a little confused, or just generally weak they are at high risk for falling. Side effects from some medications may also cause weakness or dizziness. Here are some tips to help prevent the patient from falling.

Declutter the Area

- Remove small scatter rugs and tape the edges of large rugs to the floor.
- Do not have electrical cords or oxygen tubing running across the floor.
- Keep all walkways free of clutter.
- Wipe up any spills immediately.

Have Proper Lighting

- Ensure there is adequate lighting in the environment where the patient is located.
- Use a night light in areas where the patient may need to travel, such as the kitchen, bathroom, or hallway.

Assist with Ambulation

- Help the patient get out of bed. Have them sit on the side of the bed with their feet touching the floor for a minute or two if a sudden change of position causes dizziness or unsteadiness.
- The patient should avoid wearing long clothing that can cause tripping.
- The patient should wear non-slip shoes or slippers.
- If needed, assist the patient by walking side by side, holding their arm or perhaps their belt in the center of their back.
- The patient may use a walker to reduce the risk of falling.

There is a greater risk of falls while the patient is trying to get into the bathroom. Here are tips to prevent the patient from falling in the bathroom.

- Use rubber bathmats or non-slip strips in the bathtub and shower.
- Have the patient sit in the bath or on a shower chair.
- Do not use bath oil.
- Install grab bars or handrails to improve safety in the tub or shower.
- Use raised toilet seats or install handrails.
- Have a bedpan/urinal or bedside commode close by for nighttime use or when the patient is too tired or weak to walk to the bathroom.

If a fall occurs and you are unable to move the patient, place a pillow under their head and cover them with a blanket.

Call Hospice & Community Care's 24-hour number (877) 506-0149 to report the fall and to receive further instruction. Always report any falls as soon as possible, especially if the patient is on a blood thinner, and even if you were able to move them yourself.