

## EQUIPMENT FOR SAFETY AND FALL PREVENTION PRODUCT AND RESOURCE LIST

These **products** help to keep people safer and prevent falls. You may have seen some of them used in the hospital. The choice of product is dependent on your needs. You may visit the showroom at local medical supply companies to see and handle the items listed, or call the representatives at the catalog companies on the resource list.

### ▪ **Sensor Pad Alarms - to alert caregivers:**

- Bed (alerts when getting up).
- Floor (alerts when stepped on).
- Chair (alerts when standing up).
- Cord (alerts when cord is pulled loose from alarm box).

### ▪ **Devices to keep a person safe while sitting in a chair:**

- Wedge foam cushion
- Pommel cushion
- Self release seat belt
- Hugger cushion
- Lap-top tray

### ▪ **Other items available:**

- Bedside floor cushion/mats to cushion a fall.
- Signage (e.g., 'Stop' signs for doorways to prevent wandering).
- Low-to-the-floor beds can be rented.

## RESOURCE LIST

### **Local medical supply companies**

See your yellow pages

#### **AliMed®** (free catalog)

297 High St.  
Dedham, MA 02026  
800-225-2610  
Fax: 800-437-2966  
**WWW.ALIMED.COM**

#### **Posey®** (free catalog)

5635 Peck Rd.  
Arcadia, CA 91006-0020  
Phone: 800-447-6739  
Fax: 800-767-3933  
**WWW.POSEY.COM**



# Don't Let Falls Get You Down!

*In the hospital, in your home  
and in the community.*



# FALL PREVENTION IN THE HOSPITAL

## INFORMATION FOR PATIENTS/FAMILIES

### A fall can happen to anyone

Illness, weakness, surgery, medications, tests, medical equipment and new surroundings can contribute to a fall at any age. At Overlake Medical Center, we are dedicated to keeping patients safe. Preventing falls is an important part of patient safety and you can play an important role.

FOR PATIENTS	FOR FAMILY AND FRIENDS
<p>A fall can be upsetting and may cause you harm. Though you may be embarrassed to ask for assistance, remember that while you are in the hospital your body might not be functioning as it normally does.</p> <ul style="list-style-type: none"><li>◆ You may be weak, dizzy and/or confused due to:<ul style="list-style-type: none"><li>- Medication you are taking such as those to control your pain, nausea, blood pressure or heart rate.</li><li>- Surgery or procedures or tests.</li><li>- Not eating well.</li></ul></li></ul> <p><b>To prevent falls:</b></p> <ul style="list-style-type: none"><li>◆ Use a call light for help when getting out of bed or for any reason.</li><li>◆ Do not try to get up alone.</li><li>◆ Sit on the edge of the bed for a little while before standing up; rise slowly and carefully.</li><li>◆ After surgery or a procedure, ask for assistance to stand or walk.</li><li>◆ You may be asked to go to the bathroom prior to taking medication for sleep.</li></ul>	<ul style="list-style-type: none"><li>◆ Don't be embarrassed to ask questions or to ask for assistance.</li><li>◆ Remind the patient not to get up alone and to use the call light when in need of help.</li><li>◆ Do not get the patient up by yourself unless it has been approved by the nursing staff.</li><li>◆ Help keep the room free of extra clutter as much as possible.</li><li>◆ Help keep items the patient uses in their reach.</li><li>◆ Notify the nursing staff before you leave the patient's room.</li></ul>

### Fall precautions

Sometimes, a patient will be placed on "Fall Precautions." This means that the nurse has assessed the patient to have one or more of the following:

- ◆ Unsteady, weak, and/or needs help when out of bed.
- ◆ Requires some level of assistance when going to the bathroom.
- ◆ Forgetful, impulsive and/or unable to use the call light to ask for help.
- ◆ Age 65 years or greater.
- ◆ History of falls.
- ◆ Medications (including but not limited to: medications for pain, lowering blood pressure, anesthesia, sleeping pills, etc.).

What to expect when a patient is on "Fall Precautions:"

- ◆ Yellow "Fall Risk" signage on the door to the room and on the chart.
- ◆ Frequent checking of the patient by the nursing staff. May be visual only.
- ◆ Use of alarms, such as a sensor in the bed, a leg alarm and/or a box alarm (you are encouraged to ask the nursing staff for a demonstration).
- ◆ It is often helpful if a family member or friend can stay with the patient.

**Remember, ask questions! Your participation is important in keeping the patient safe from falling. Thank you.**

# FALL PREVENTION IN YOUR HOME AND COMMUNITY

You can prevent many falls by being aware of the reasons you may fall. Most falls are caused by health and aging changes, or home and community hazards.

### To deal with health and aging changes:

- ◆ Have your hearing tested. (*Ear problems can affect your balance.*)
- ◆ Have your eyes tested. (*Inability to see hazards and read instructions can affect your safety.*)
- ◆ Exercise regularly. (*Improves your balance and flexibility.*)
- ◆ Review medications with your doctor or pharmacist to know the reason for taking them and what side effects to be aware of. (*Some medications can make you dizzy, sleepy or unsteady.*)
- ◆ Wear solid, well fitting shoes. (*Poor fitting or slippery shoes can cause falls and foot problems.*)

### To prevent or avoid unsafe situations and hazards at home or in your community:

- ◆ Stay on pathways.
- ◆ Remove clutter and area rugs that are not secured.
- ◆ Install grab bars in bathrooms.
- ◆ Provide good lighting for stairs, hallways and outdoor areas.

### Overlake offers the following resources to help reduce the risk of falls at home, and to increase independence.

- ◆ Safe at Home poster (identifies common fall hazards in the home) inside this guide.
- ◆ Walking program (Monday, Wednesday and Friday mornings at Bellevue Square). FREE. For more information, call **425-688-5259**.
- ◆ Balance class. For more information, call **425-688-5259**.
- ◆ Medication Tracker (a form to keep track of all your medications) is located at [www.overlakehospital.org/resources](http://www.overlakehospital.org/resources).

### Overlake Medical Center Outpatient Rehabilitation:

**For more information, call 425-688-5900.**

- ◆ Licensed physical therapists can prescribe exercises and therapy to improve balance and strength, and recommend gait assistive devices as needed.
- ◆ Licensed occupational therapists can perform a home safety assessment if you or a family member is having difficulty or feeling unsafe with activities at home.

**For more resources, turn to back page.**