

# PREVENTING FALLS

## Falls in health care facilities

Falls in hospital can be caused by different factors, including:

- Confused state due to an unfamiliar environment
- Reduced ability to move
- Weakness, low balance and coordination
- New medications

As soon as you arrive in the unit, a nurse will ask you a few questions to assess if special measures are required to reduce the risk of falls.

If the nurse finds you are at a high risk of falls, you will be asked to wear a yellow bracelet, and a yellow sign will be posted on your door in your room.

This will help us to adopt all preventive measures for your safety.

## Help us to help you!

Please use your call button to ask for help if you need to:

- Get out of bed
- Get back into bed
- Use the restroom
- Take a walk

Also,

- Make sure all your personal belongings (mobile phone, glasses, etc.) are within your hand's reach.
- Once our staff sets your bed's height, please do not change it.
- Please do not walk alone unless you received training from the physical therapists and/or nurses on how to stand up and walk safely.
- From a seated position, slowly stand up and, before you start walking, try to find a good balance standing upright for a couple of minutes.
- Always wear non-slip slippers in the hospital.
- When you are in the restroom, use the grab handles.
- Do not dim your night lights: they will help you orientate during the night.
- Immediately inform our staff if there are any obstacles hindering your movements.

### **A few tips for your safety at home**

- Following some simple precautions will help you prevent falls at home:
- Arrange the furniture in the house to make your movements easier.
- Remove all the carpets.
- Make sure the house is well lit, and leave a night light on to mark the way to the restroom.
- Watch out for obstacles on the floor, like pets, small objects, or irregular surfaces.
- Always dry wet floors.
- Always use the handrail when going up and down the stairs.
- Place the object you use more frequently within your hand's reach.
- Never use a chair or any other unsafe item to reach for objects on high shelves.
- Avoid seats that are either too low or too soft, as they can be difficult to sit on.
- Use chairs and armchairs with armrests, to ease your movements.
- Wear comfortable shoes, with rubber soles and low heels.
- Make sure that all support equipment is in good conditions.
- Teamwork is of key importance to prevent falls.

Everybody at ISMETT is committed to make your hospital stay a positive experience. Please follow our instructions and help us create a safer environment and prevent hospital falls.

Thank you.

For further information:

ISMETT  
Via E. Tricomi, 5  
90127 Palermo, Italy  
Telephone: +39 091 2192 111  
Fax: +39 091 2192 400  
[mail@ismett.edu](mailto:mail@ismett.edu)  
[www.ismett.edu](http://www.ismett.edu)

*International Patient Services*

Tel: +39 091 2192 602  
+39 091 2192 216  
Fax: +39 091 2192 244

[internationalpatients@ismett.edu](mailto:internationalpatients@ismett.edu)