







How to get yourself up from a fall

Getting up quickly or the wrong way could make an injury worse. If you are hurt call for help using a medical alert service or a telephone.

- Calm down.
- Check your body
- If you are injured, call for help. Stay warm.
- If you are not injured, look for a sturdy piece of furniture.

-  1. Roll onto your side.
-  2. Push upper body up. Lift head. Pause momentarily. Steady yourself.
-  3. Slowly get up onto hands and knees. Crawl to sturdy chair.
-  4. Place hands on seat of chair. Slide one foot forward until flat on floor.
-  5. Slowly rise from kneeling position, and turn to sit in chair.
-  6. Pause momentarily before moving further.

F

Fear. Do not let the fear of falling prevent social interaction and regular activity in or out of the home.

A

Assistive devices (walkers, canes, wheelchairs) should be used correctly and only as needed to prevent dependency and weakness.

L

Look for outside factors that can cause falls (poorly fitting shoes, inadequate lighting, etc.), then correct them.

L

Let your support system (family, friends, doctors) know of any near falls or unsteadiness. They could be related to medication side effects that can be corrected.

S

Strengthen your legs by doing ankle and knee exercises every day.

Talk to your primary care provider about having a fall-risk evaluation. The fact that you have fallen once means you have a high risk of falling again.



FALLS PREVENTION Patient Guide

 St. Thomas Elgin
General Hospital

What is Falls Prevention?

Falls are a major cause of injury in Canadian hospitals. Some medical conditions, medications and an increase in time spent in bed in a strange environment can diminish your strength, alter your balance and put you at risk for falling.

STEGH's Falls Prevention Program is based on the best practice guidelines developed by the Registered Nurses Association of Ontario (RNAO) and *Safer Healthcare Now!* and follows the Accreditation Canada standards.

Every patient has a falls assessment completed upon admission to the hospital. The assessment provides the health care provider with a score, which may indicate a higher risk of falling while in hospital. If you have been identified as a high risk for falls, you will be required to wear an additional yellow wristband to visually alert staff. Staff will also put additional prevention strategies customized to your needs in place to minimize your risk of falling.

Many falls can be prevented.
By making some changes, you can lower your chances of falling.

For more information, view our Patient and Family Information Guide:



Brought to you by Professional Practice

What Can YOU Do to prevent falls?

1



IMPROVE LIGHTING

- Ensure all frequented areas are well lit.
- Position accessible on/off switches.
- Use nightlights, motion lights, clap lights, remote-controlled lights and timed lights.

2



RUGS & FLOORING

- Secure or remove loose rugs.
- Install ramps or grab bars
- Install non-skid strips or non-skid floor wax
- Wear proper footwear.

3



SMART TECHNOLOGY

- Use sensors to detect for falls.
- Use smart home (verbal audio) assistants.
- Use fall-detection technology to alert emergency contacts.

4



BATHROOM

- Add grab bars near the toilet and shower.
- Use non-slip mats and rugs in and near tubs.
- Install zero-entry tubs.
- Use shower seats and tall toilet seats.

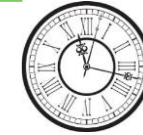
5



MINIMIZE CLUTTER

- Arrange belongings and furniture to allow open pathways.
- Remove clutter. Store unnecessary items.

6



REGULAR CHECK-INS

- Schedule friends, family, or caregivers for regular contact.

7



PETS & VISITORS

- Secure pets in designated areas.
- Pet collar bells provide location awareness.
- Use play pens or designated area for young grandchildren.

8



ACCESSIBILITY

- Move items to more accessible locations.
- Arrange belongings into one central area.
- Maintain clear walkways.
- Rearrange items & change furniture layouts