

Preventing Falls in the Hospital

Common Causes of Falls

There are many reasons that patients may be at greater risk of falling while in the hospital, including:

An unfamiliar
setting

Weakness from
recent surgery

New
medications

Connection to
medical equipment



Patient & Staff Responsibilities

Patients, family members and Ochsner staff each have a role to play in preventing patient falls. **We must each commit to doing our part.**

Patient Responsibilities



1. Provide Information

- Current medications
- History of falls
- Bathroom routine
- Walking/transferring needs



2. Press the Red Call Button

- For help getting out of bed/chair
- For help to the bathroom
- To grab items out of reach



3. Before Standing

- Call for help
- Wait for your care team even if family is in the room
- Rise slowly if lying down
- Sit on the edge of the bed



4. Before Walking

- Wear non-skid socks or fitted closed-toe shoes
- Use a walker or cane as needed

Care Team Responsibilities

1. While on Duty

- Orient you to your room
- Place your call light within reach
- Raise your bedrails
- Keep room well-lit and clutter-free
- Give clear medication instructions
- Encourage and assist with movement

2. As Needed

- Place a "Fall Risk" band on your wrist
- Turn on your bed/chair alarm
- Use telesitter with camera to monitor you

3. Movement Support

- Stay within arm's length to, from, and during toileting/dressing to ensure your safety
- Provide you with proper assistive devices as needed

+ Our goal is to ensure you **leave safely, when planned, and without injury.**