



While You are Here with Us

Before the Health Literacy Office worked on this handout

Hospitalized patients are at risk for falls. Some of the risk factors are: age, illness, surgery, medication side-effects, weakness related to bedrest, and unfamiliar surroundings.

We at UNMH are committed to patient safety and offer these tips for reducing falls:

Please Call... Don't Fall. Call for help if you need to get up. Even though you may feel strong, certain medications may change your balance. You may feel fine while you are sitting, but standing up may make you weak or dizzy.

Keep personal belongings nearby. We understand that there are certain things you use frequently, but we do not want you to fall trying to get them. Please keep things such as phones, eye-glasses, hearing aids, and dentures nearby. If they are not close by, please call us so we can help you find them.

Look... Listen... Feel. While awake, please make sure to wear your glasses/contacts and hearing aids. Make sure you have non-skid socks on before getting out of bed. If you feel dizzy, please make sure to let us know so we can keep you safe. Make sure that you have both feet on the floor before attempting to stand up.

Don't Flop Because it Dropped! If you dropped anything on the ground, please let us help! If you reach for these items while still in bed, the change in position of your head could cause you to become dizzy!

Do not wait until the last minute to go to the restroom!



Our Commitment to You

In order to assure the best possible care, all patients in this unit are visited every hour by our nursing staff. On our rounding visit, we promise to do the following:

- Check your pain level
- Offer help using the toilet
- Help you get into a comfortable position
- Check medication and provide medicine if needed (RN only)
- Make sure that your essential needs are within reach (call light, reading materials, glasses, etc.)
- Answer any questions you may have
- Let you know when a caregiver will be coming back.

Working together, we can help make sure that we decrease your risk of falling while here in the hospital.

Thank you for helping us help you!