What is a Fall?
A fall is an unplanned drop to the floor with or without injury.

Why are We Concerned about Falls?
- Approximately 30% of falls lead to minor injuries such as scrapes and bruises.
- Approximately 15% of falls lead to serious injuries such as bone fractures, brain injury and even death.
- Falls lead to longer hospital stays and may cause an admission to a long term care facility.

What are the Risk Factors?
You are at increased risk for falling if you have any of the following:
- Previous fall within the past 12 months
- Confusion, decreased mental alertness or altered memory
- Frequent urination and bowel movements
- Dizziness, change in balance
- Numbness or weakness in legs

Your environment may also increase the risk for having a fall. Clutter, unfamiliar surroundings and medical equipment such as IV poles and pumps may cause a fall.

In addition, certain medication may also increase the risk for falls.
Common Medications that Contribute to Falls:
- Blood Pressure Medications
- Diuretics (such as Lasix®)
- Antihistamines (such as Benadryl®)
- Sleep Aids
- Antidepressants
- Anti-seizure Medications
- Steroids
What can I Do to Prevent Falls?

- Be aware of how you are feeling from day to day and report to your nurse symptoms such as confusion, dizziness, changes in balance, etc.
- If you have **any of the risk factors listed above**, please use your call light to ask for help when getting out of bed
- Keep the area, especially the path to the bathroom clear of clutter
- Change positions slowly and sit at the edge of bed briefly prior to standing
- Use the bathroom call light if you need help

### The ABC’s of Fall Prevention

- **A**sk for help: Call the nurse or nurse aide if you want to get up.
- **B**e aware of your body: Do you feel dizzy or weak?
- **C**aution: Is there enough light? Are you wearing slip-resistant hospital socks?
- **D**anger: Do not use unsteady items such as a bedside table or IV pole, to get up.