

FOR FAMILY & VISITORS

Encourage your loved one to ask questions about their care and activity.

Accompany your loved one to the bathroom or for walks with approval from the nurse.

Before you leave the room, please be sure the nurse call light and important items (glasses, tissues) are within easy reach.

Please notify the nurse if you notice new symptoms of weakness or dizziness.

Reinforce to the patient to call for help before getting out of bed.

Notify the nurse before leaving a confused and disoriented patient so appropriate safety measures can be taken.



What fall prevention services are available in the community?

Health Watch is a 24-Hour personal emergency response system for people of all ages. For information, call 203-384-3187.

Ahlbin Rehabilitation Centers provides inpatient rehabilitation services at Bridgeport Hospital and has four convenient outpatient locations in Bridgeport, Shelton, Southport and Stratford. For information, call 1-888-357-2396.

The Geriatric Assessment Program at Bridgeport Hospital's Center for Geriatrics provides complete assessment by a geriatrician, nurse and social worker. For information, call 203-384-3388.

For more information, please visit the Bridgeport Hospital website, www.bridgeporthospital.com

FALL PREVENTION

BRIDGEPORT HOSPITAL



What You Can Do To Prevent Falls.



PARTNERS IN SAFETY

Your safety while you are in the hospital is our top priority. The hospital is an unfamiliar place with different beds, lighting, and flooring. We

want to do whatever we can to keep you safe and prevent you from falling.

What is “FALL PREVENTION?”

Fall prevention is the process of taking steps to prevent falls from happening. Falls are the leading cause of injury in people age 65 years and older in the United States. The risk of falling increases as we age. The most common injuries related to falls include head injuries, wrist fractures, spine fractures and hip fractures.

FOR PATIENTS

Who Is at Risk For a Fall?

Many factors contribute to falls. Please talk to your physician:

- To describe any current or new medications, including over-the-counter medications.
- To discuss medical conditions such as heart disease, diabetes, high blood pressure and seizure disorders.
- If you experience problems walking, dizziness, loss of balance or numbness or weakness in your legs or feet.
- If you experience problems with your vision, hearing or memory.
- If you become confused.

Hospital Safety Measures

Some initiatives we use to help identify and protect patients at risk for falling include:

- Nurses screen patients when they are admitted and twice daily for fall risk.
- If indicated a brightly colored green armband is placed on the wrists of patients at risk.
- A green leaf picture is posted outside the door to alert staff that a patient is at risk for falling.
- Non-skid slippers are provided to all patients.
- A bed or chair alarm is available to help alert staff when a patient tries to get up without assistance.
- Specialized safety net beds are available.
- We encourage family members to stay with loved ones to provide a familiar face and provide comfort in an unfamiliar environment.



While You Are In The Hospital:

- Don't hesitate to use your call bell.
- Ask for help when you need to get out of bed.
- Sit at the side of the bed for a few moments before you get up.
- Wear properly fitting non-skid shoes or slippers.
- Be sure the path is clear of any furniture or equipment.
- Pay attention to tubing, oxygen, catheters etc. that may interfere with walking.
- Use only unmovable objects to help steady yourself. Do not use IV pole, tray table or other objects that can roll/move.
- Use handrails whenever available.
- Be sure to use your glasses, walker or cane.
- Call your nurse if you feel dizzy or light headed.
- Notify staff of any spills or wet areas so they may be cleaned up quickly.

