



مدينة الملك فهد الطبية
King Fahad Medical City



Preventing Falls During Hospital Stay

The staff of **King Fahad Medical City** are working to provide you with a safe hospital stay. As a patient, your risk for falling is **high**.

Due to (but not limited to):

medication, footwear, assistive devices, cognitive and sensory deficits, acute illness, behavior / choices and an unfamiliar environment.



Use These Tips to Help You Prevent Falls Whilst in The Hospital:



Use the call bell when you need help.



Ask the nurse for help to and from the bathroom. This is very important if you have an unsteady gait or general body weakness.



Pull the string of the call bell in the toilet which is located on the wall when you need help.



For your safety a nurse or your watcher will stay with you in the bathroom.



Do not lift your leg to wash in the sink, use the shower hand spray to wash your feet when doing "wodowa"



Wear your hearing aids and/or eyeglasses when you are awake and ambulating.



Use your walker or cane to provide support. Do not lean on IV poles, bedside tables, other items with wheels or walls to steady yourself. Always use the grab rail.



Some medication may cause you to feel sleepy or dizzy. Take your time, sit at the edge of the bed before you get up. **Call for help.**



If you need to use the toilet often, ask for help when you need to get up. Use a bedside commode, urinal or bedpan if necessary. This will be provided by your nurse so please **call for help.**



Remember, you may have intravenous lines or tubes connected to you, so ask for help when you are trying to get up.



Place the call bell, phone and personal items within your reach. Your nurse will help you.



Tell your nurse if you have any concerns about your safety.



During your hospital stay, expect KPMC staff members to use evidence-based methods to ensure your safety.

	LOW منخفض	AT RISK FOR FALLS خطر للسقوط
FALL RISK ASSESSMENT: تقييم درجة التعرض للخطر		
If you are AT RISK FOR FALLS, please do not attempt to mobilize without assistance. إذا كان فيه خطوره للسقوط رجاء لا تمشي او تتحرك بدون مساعدة		

Assessment



- Staff members will do an assessment to determine if you are at risk for falls.

Visual Cues

- If you are identified as at risk for falling, staff members will place an **“AT Risk for Fall”** alert at the entrance to your room, on the bed tag at the head end of your bed, on the white board in your room
- Place a **Red Arm-Band** on your wrist with the Arabic and English word written indicating that you are at Risk for fall.
- An alert sign informing your family and caregivers **not to leave you unattended with side rails down**, will be posted outside your room door.



These visual cues will be used to let other staff members know that you may need additional help when getting around

Agreement

- If a staff member thinks you may lose your balance, they will ask you to use the call bell for help when getting up from bed, your chair or using the toilet.

Safe Environment

- Staff members will check on you routinely. hourly during the day from 6 a.m. - 10 p.m. and 2hourly at night from 10 p.m. - 6 a.m.
- KFMC has implemented the **Purposeful Rounding – C.A.R.E.S** to enhance your comfort, anticipate your needs by keeping needed items within your reach, repositioning/ambulating you, attending to your elimination needs and ensuring your safety by keeping your room free of clutter. These visits with your help have proven to be effective in preventing falls.

Learn how Patient, Family/Companion can help with fall prevention:



1. Always call the nurse for help.
2. Before leaving, notify your nurse of your absence.
3. Stay with the patient if he/ she is confused or **"AT RISK OF FALL"**.
4. Ensure that the call bell, phone and all personal belongings are within the reach of the patient.
5. When you walk around your room/ hospital corridors or around the hospital watch out for slippery or uneven floors and clutters
6. Speak to the nurse about your safety concerns as a patient/family/companion.

7. Wear sensible shoes (properly fitted, sturdy shoes with nonskid soles).
8. Use assistive devices appropriately (if needed).
9. Make sure to wait or stay in a place where there is good lighting (if going out from the room to anywhere in the hospital).
10. Constantly provide supervision to the patient during ambulation and bathroom needs.

C.A.R.E.S

Comfort

- Inquire about comfort and /or pain
- Offer PRN medication as appropriate

- Evaluate the effectiveness of the current plan of care in regards to pain/comfort

Anticipate needs

Ensure all needed items are within patient reach:

- Bedside table
- Telephone
- Water
- Call bell
- Personal items
- Bed controls
- Tissues
- Waste bin
- Anything else that is important to them / their care needs

Repositioning

- Assess the patients positioning
- Assist the patient to turn or reposition, as required
- Ensure any medical devices are appropriately positioned

Elimination

- Inquire about elimination needs and assists as required Sensitivity and safety
- Perform all action in a way that promotes independence and dignity
- Practice infection control measures such as hand hygiene
- Ensure all alarms are in place and operational / activated

- Check the environment for any hazards
- Inquire if the patient's needs are being met
- Remind patient to use the call bell if they need assistance getting out of bed
- Assure the patient that they will be checked again in about an hour (or two hours at night)
- Update white-board with rare provider's names and patient daily goals as required
- Ask "is there anything else I can do for you before I leave?" tell them "I have time"
- Document rounding on the Nursing Care Plan

Sensitivity and safety

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YOUR SAFETY IS OUR PRIORITY!

لأن الوعي وقاية ..

إدارة التثقيف الصحي

Patient Safety & Risk Management
Administration

Executive Administration of Nursing
Affairs



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