

Fall Prevention Reference Guide

Factors that deem a patient a fall risk include:

- History of falls
- Elderly
- Acute confused state/dementia
- Unfamiliar environment
- Impaired communication
- History of incontinence (bowel or bladder)

Types of Falls include:

- Accidental
- Anticipated Psychological
- Unanticipated Psychological
- Planned

It's important that each volunteer helps in maintaining a safe environment on patient floors and in common areas, such as the lobby.

Interventions for fall risk patients include:

- Any equipment with wheels in the locked position
- Bed in low position
- Spills attended to immediately
- Adequate lighting at night
- Call light, telephone and other necessary items within reach
- Instruct patient to call for help before getting out of bed/chair
- Ambulate with well-fitting non-skid socks or shoes

If you witness a fall in a lobby or other common area while volunteering, call #36 immediately to report and security will be dispatched to make a report. If serving at the 200 Medical Plaza, volunteers should call 911.

Never attempt to move or lift the patient, but assure them, letting them know you have requested assistance and help is on the way. Ask the individual their name, if they are injured, and what they are experiencing. Be sure to convey this information to security when they arrive as well as any other information you might feel is important (i.e. you noticed a spill on the floor, the person seemed unstable before the fall, etc.). If the patient insists on leaving the area, inform security of this information and anything else you may have noticed.