



UW Medicine

您住院期间的安全

与医院的工作人员配合以确保您的安全

避免跌倒

如我体力好又很健康还会有跌倒的风险吗？

是的、您会有跌倒的风险！有很多因素都会增加您在医院，分娩和产后跌倒的风险。这包括：

- 您相信自己没有风险，因为您通常很健康
- 正在服用含阿片类的止痛药
- 站起来时会头昏
- 急着要用洗手间
- 有的设备可能会缠结
- 因睡眠不足而困倦
- 虚弱
- 腿浮肿
- 因分娩或手术时出血而导致血压低
- 不使用呼叫灯、因为您不想打扰工作人员



我们可能会使用安全带来帮助您
在行走时保持稳定。

我应该怎么做？

- 在您的护士说可以之前、请不要尝试独自下床。请使用呼叫灯寻求帮助。
 - 如您感到始头晕或虚弱请告诉护士。即使您已经安全行走过了、还是可能发生这种情况。
 - 如我们认为安全了、就会把您床上方的标志转到“独立行走”。这就是表示您可以自己起身行走。
- 与我们配合来为您做一个预防跌倒的计划：因为我们著重于您的安全！此安全措施可能会用：

- 在您的胸部或腰部系安全带来助您行走时稳当。
- 查看您脚踝的旋转、抬腿和弯曲臀部的程度来检查您的活动能力。
- 每 2 至 3 个小时会帮助您去一次洗手间。当您使用洗手间时、我们将陪伴您以确保您的安全。

医院工作人员如何维护我的安全？

以下是我们在您住院期间维护您安全的一些重要措施：

- 所有员工在进入您的房间之前和离开时、都会洗手或使用消毒凝胶。
- 当我们与体液接触前、我们会先戴上手套和防护服。
- 我们会在以下的时间例行地核对您手上的名牌：
 - 每次护士交班后
 - 给您服药前
- 我们严格遵守有关给您药物的安全规定。
- 您的护士或患者护理技术人员在白天每小时和晚上每 2 小时来查看一次。这称为“查房”。
- 每隔 4 小时我们会举行一次简短的部门安全会议、称为“聚集”。会议持续约 5 分钟。在闲聊聚集期间、部门的工作人员和护士长交流部门和医院中发生的情况。
- 我们限制到本部门的访问、并请您的访客来访时要先时登记。

什么是公共安全人员？

公共安全人员是医院工作人员。他们经过专门培训、可以帮助我们确保部门内对家人和员工的安全。

在母婴室、公共安全人员帮助确保每个家庭都有一个平静的环境，以便于分娩和康复、认识您的新宝宝。如需要、他们将向您、您的访客支持人员或您的家人解释医院的规定和要求。

所有家庭都有自己的沟通及应对压力或疲倦的方式。可能有些方式是一般在家中使用的；但它们不符合本院母婴室对康复环境安静的要求。

如我们有疑虑、我们可能会在您在住院期间与您和您的家人讨论医院的行为准则。我们会请公共安全人员来帮助主持这些对话。

现在、请回到本手册的目录并勾选此题材的框框、以便让护士知道您已经阅读了本章。

您有疑问吗？

我们很重视您的提问。如您对您的安全有疑问或顾虑时。请告诉我们。

Your Safety While in the Hospital

Partnering with hospital staff to keep you safe

Preventing Falls

Am I at risk for falls even if I am strong and healthy?

YES, you are at risk for falls! Many things can increase your risk of falling while you are in the hospital, in labor, and after giving birth. You might:

- Believe you are not at risk because you are usually healthy
- Be receiving *opioid* pain medicines
- Become dizzy when standing up
- Need to get to the bathroom quickly
- Have equipment that can get tangled
- Be very tired from lack of sleep
- Have weakness
- Have swollen legs
- Have low blood pressure after blood loss during birth or surgery
- Not use your call light because you do not want to bother staff

What do I need to do?

- **Please do not try to get out of bed on your own until your nurse has said it is safe to do so.** Instead, use your call light for help.

- Tell your nurse if you start to feel lightheaded or weak. This can happen even after you have been walking safely.



We may use a gait belt to help keep you steady while you walk.

- When it is safe, we will turn the sign above your bed to “Ambulates Independently.” This means it is OK for you to get up and walk by yourself.
- **Work with us to create your fall prevention plan.** We want to keep you safe! As part of this plan, we may:
 - Use a *gait belt* around your chest or abdomen to help keep you steady when you walk.
 - Check your mobility by seeing how well you can rotate your ankles, raise your legs, and flex your hips.
 - Help you to the bathroom every 2 to 3 hours. We will stay with you while you use the bathroom to make sure you are safe.

How do hospital staff help keep me safe?

Here are just a few important ways we help keep you safe while you are in the hospital:

- All staff will wash or use gel on their hands before we enter your room, and when we leave.
- We will wear gloves and protective clothing when we expect to have contact with body fluids.
- We will check your hospital ID band:
 - Every time the nurses change shift
 - Before we give you medicines
- We will follow strict safety rules about giving you medicines.
- Your nurses or patient care technicians will check on you every hour during the day and every 2 hours at night. This is called “rounding.”
- Every 4 hours, we have a short unit safety meeting, called a “huddle.” This meeting lasts about 5 minutes. During the huddle, unit staff and the charge nurse review what is happening on the unit and in the hospital.
- We restrict access to the unit and ask your visitors to sign in on entry.

What are Public Safety Officers?

Public Safety Officers are members of the hospital staff. They are specially trained to help us keep the units safe for families and staff.

On the Mother Baby Unit, Public Safety Officers help ensure each family has a calm environment for recovering from birth and getting to know your new baby. If needed, they will explain hospital rules and expectations to you, your visiting support people, or your family members.

All families have their own style of communicating and dealing with stress or tiredness. But there may be some things that work well for your family at home that do not support the quiet healing environment of the Mother Baby Unit.

If we have concerns, we may talk with you and your family about hospital rules of conduct while you are in the unit. We will invite our Public Safety Officers to help lead these conversations.

Now, please go back to the Table of Contents and check the box so your nurses will know you have read this chapter.

Questions?

Your questions are important. Please tell us if you have questions or concerns about your safety.