

# Helping Prevent Falls

*For patients and families of 8-North Rehabilitation*

Your rehabilitation team wants to partner with you to prevent falls during your hospital stay. While you are on 8-North, we will teach you how to prevent falls here and reduce your risk of falling at home.

## Your Risk of Falling

Hospital patients have a greater risk of falling for many reasons. Some of this risk is from:

- Certain medicines you may be taking, such as pain, anti-anxiety, anti-depressants, blood pressure, and anti-seizure medicines
- Weakness from changes in your health or illness
- Being tired, or feeling “groggy” or confused
- Changes in how often or how urgently you need to use the bathroom
- Being in an unfamiliar place
- Tubes or machines that you are connected to

## How We Keep You Safe

**Patient safety is our greatest concern.** If you fall, the risk of injury is high, and you could even die. To help keep you safe in the hospital, 8-North staff will:

- Offer to help you to the bathroom or to help you use the commode every 2 hours
- Stay with you while you use the bathroom or commode
- Use a belt around your waist to help you get out of bed
- Check in with you every hour during the day and evening shifts, and every 2 hours during the night to help you with personal needs, position changes, pain management, and bringing you items you cannot reach

We hope you will let us help you in these ways. Your signature(s) below shows that you and your family agree to let us help prevent falls in the ways described above.

---

***Patient and family signature(s)***

***Date***

## Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

**8-North Rehabilitation: 206.598.4800**

