

## Did you know?

- Falls can be prevented.
- Falls can result in injury.
- A fall can make your hospital stay longer.
- Every patient is asked about their fall history.
- Your care team will discuss with you and your family how to be safe and prevent a fall.

Staff will work with you and your family to develop a plan of care that meets your needs.



## For more information

Your health and safety are important to us. Please speak to your care team if you have questions or concerns. The following resources are also available to you:

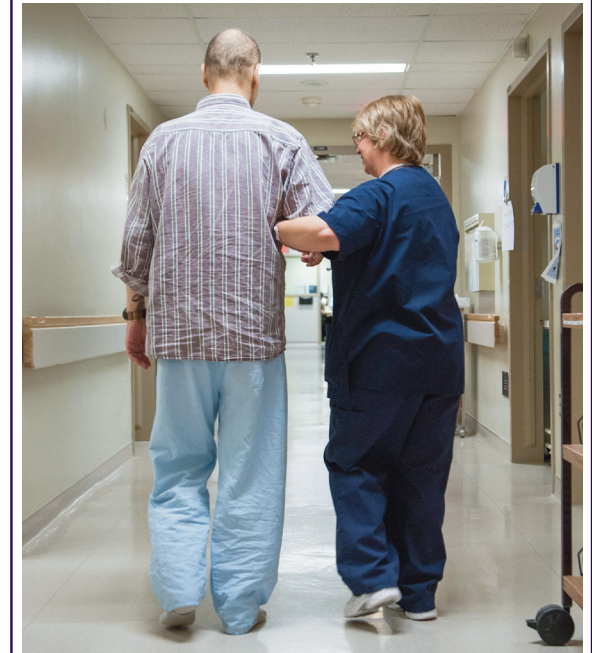
- KFL&A Public Health Living Well Phone Line  
613-549-1232, ext. 1180
- Kingston Community Health Centre  
[www.kchc.ca](http://www.kchc.ca)  
613-542-2949
- Northern Frontenac Community Services  
[www.rfcs.ca](http://www.rfcs.ca)  
613-279-3151 | 1-855-279-2052
- Seniors Association Kingston Region  
[www.seniorskingston.ca](http://www.seniorskingston.ca)  
613-548-7810
- YMCA of Kingston  
[www.kingston.ymca.ca](http://www.kingston.ymca.ca)  
613-546-2647

## Kingston Health Sciences Centre

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## Prevent a fall in hospital.

Information patients  
and families need to  
know to stay safe.



Hôpital  
Hotel Dieu  
Hospital

**KGH**

Hôpital Général de  
Kingston General  
Hospital

## What does the falling-star sticker mean?

If you see the falling-star sticker on your chart, it means you're at risk for having a fall. The star alerts all members of your care team to this risk.

We'll ask you to tell us about any falls you've had in the past. This lets us know how we can help you stay safe.

### Why am I at risk of falling?

- Urgent need to go to the bathroom
- Recent surgery or illness
- Slippery or loose fitting footwear
- Your medications might cause dizziness or a drop in your blood pressure
- Unfamiliar environment



## Things you can do to help prevent a fall in hospital



1

Learn about your risk of falling.



2

Call for help before you get up.



3

Use a cane or walker if you need one.



4

Ask about how your medications may increase your risk for a fall.



5

Keep personal items close by so you can reach them easily.

## How to help prevent a fall on the way to the bathroom in hospital

Every year, too many patients fall in hospital. Most were trying to walk to the bathroom by themselves.

- Always call for help to get to the bathroom.
- Sit up for a few minutes to prevent dizziness.
- Make sure your bed is at a height that makes it safe for you to get in and out of it.
- Stand up slowly.
- Use your cane or walker if you need one.

## How to help prevent a fall at home

- Use handrails by the toilet and sink.
- Put non-slip surfaces on tub/shower.
- Don't use furniture to support yourself. It may be on wheels or not sturdy enough to support you.
- Keep pathways free of clutter and spills.
- Wear non-slip footwear that fits well.
- Keep your personal items within reach.
- Wear your glasses and hearing aids. Make sure they are working.