

## Fall Risk Management Program

You or your family member have been assessed further for the potential to fall and placed in the Fall Risk Management Program. This means the following precautions will also be observed:

- A yellow armband on the patient alerts all hospital staff of a patient at risk for falls
- A falling star magnet placed on the doorframe outside of the patient's room alerts all hospital staff of a need for frequent observation and prompt response to call lights
- Observation of the patient for safety and behavior every one hour or as needed
- Call light at hand for patient
- Use of walker, cane or crutches for patient
- Room free of clutter and proper lighting while ambulating in room
- Proper-fitting shoes, tied if appropriate, or nonskid slippers for patient
- Glasses and hearing aids for patient when getting out of bed as appropriate

**Your safety is important to those at Lakes Regional Healthcare Avera.**

***Please remember to "call, don't fall!"***

### Lakes Regional Healthcare, an Avera Partner

#### Lakes Regional Hospital

Highway 71 S.  
P.O. Box AB  
Spirit Lake, IA 51360  
**712-336-1230**

#### Lakes Regional Community Health Center

1003 21st St.  
Milford, IA 51351  
**712-338-9998**

#### Lakes Regional Home Care & Hospice

1003 21st St.  
Milford, IA 51351  
**712-338-9998**

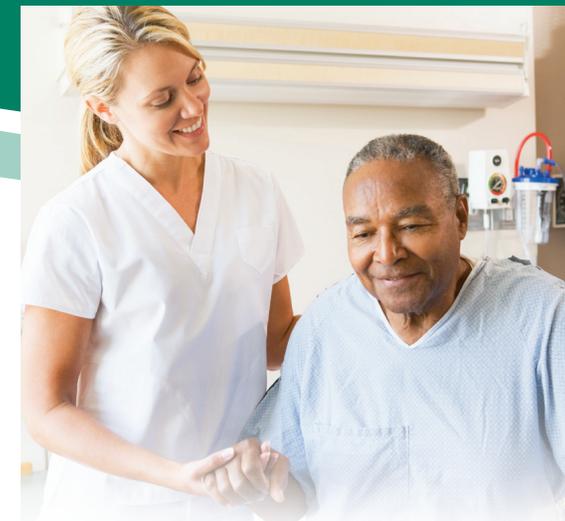
#### Dickinson County Public Health

1003 21st St.  
Milford, IA 51351  
**712-336-2682**



An Avera Partner

[LakesHealth.org](http://LakesHealth.org)



## Fall Prevention and Bed Safety



An Avera Partner

**Lakes Regional Healthcare, an Avera Partner, is committed to quality care, and preventing falls is one way to keep patients safe.**

### **Provided to all patients, preventative fall precautions include:**

- Explaining the “call, don’t fall” policy
- Orientating patient to surroundings
- Locating restroom for patient and instructions on toileting (with help if needed)
- Teaching transfer techniques, use of assistive devices as needed and how to lower bed



- Re-evaluating for change in fall risk and adjusting care
- Monitoring and close observation after medication or condition change
- Providing tissues, water, personal care items and phone within reach
- Providing a safe environment (i.e. no clutter on the floor)
- Teaching the call light system and how to use it
- Ensuring bed is in the lowest position with wheels locked
- Keeping one or more sections of the bed rail (foot rails) lowered
- Ensuring that mattress is proper size or has raised foam edges to prevent patient from becoming trapped between mattress and rail
- Checking for no or minimal gaps between the mattress and side rail
- Checking that patient is wearing nonslip footwear



### **How can my family help me prevent falls?**

- Check your home for dangers that might make you trip or fall (such as loose rugs). Family can help make your home safer for you.
- A family member can take a walk with you to see how stable you are. Watch for changes in your strength or balance.
- See your doctor and/or have your family respond to any worries you might have about feeling dizzy, weak or unsteady. See that you get help.
- Sit on the edge of the bed for a minute or two before you stand up. This gives your blood pressure time to adjust, and you will feel less dizzy.