

## Did you know... In 2008/09...

- Fall related hospitalizations accounted for 7.3 per cent of all hospital cases for Canadians over the age of 65
- 35 per cent of Canadians over 65 discharged from a fall related hospitalization were discharged to a nursing home
- The average length of stay for an acute fall related injury was 70 per cent longer than stays for all other causes
- 98 per cent of all hip fractures in NL were related to a fall

**Source:** Falls and Related Injuries among Older Canadians(2010)



Let's work  
together to  
prevent falls!



A logo like this at your bedside means a staff member has assessed you to be at risk to sustain a fall. This may be due to your current illness, past illness and/or medications. A plan has been put in place to help reduce your risk for falling. Ask your healthcare provider if you would like further explanation about Central Health's falls prevention program.

**Remember:** preventing falls is also important at home. When you leave the healthcare facility, you may be given information on how to reduce your risk of falling by making your home safer.

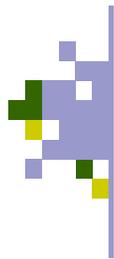
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CH-POP 005



Taking steps  
to avoid falls  
in a  
healthcare  
setting





## What you should know about falls prevention...

### What may put you at risk...

- Slow getting around
- Balance problems
- Muscle weakness
- Sore feet
- Certain medications
- Going often to the bathroom
- Your current illness
- Your medical problems
- Your footwear
- Poor eyesight
- Incorrect use of walking aids
- Medical equipment such as IV's



### What you can do to prevent falls...

- Use your call bell for assistance
- Wear non-slip footwear
- Wear comfortable clothing that is not too long or loose
- Always keep a light on
- Keep personal items close
- Keep your bed low
- Wear your glasses.
- Use any assistive devices such as a cane, walker or wheelchair
- Don't clutter up your room
- Ask for assistance when walking
- Become familiar with your room, its furniture and bathroom
- Tell staff about any environmental hazards such as spills and clutter



### Proper footwear...

#### What you need to help prevent falls:



- A low, slightly bevelled, **enclosed heel** is best.
- A **wide, non slip sole** is best.
- Laces and velcro fasteners** give you the best fit and stability.
- Bring special shoes or insoles** with you if you are currently wearing them at home.

**Even without injury, a fall can cause a loss in confidence and a decrease in activity involvement.**



### If a fall occurs...

- Staff will take action to identify what contributed to the fall
- The patient/resident may be assessed by a doctor
- Staff will repeat the fall assessment
- Changes may be necessary to your plan of care
- Any changes to your plan of care will be discussed with you and/or your family