



JSSA HOSPICE

FALL PREVENTION SAFETY TIPS

Falls related to disease processes are among the most prevalent and serious problems of hospice patients. Common causes of falls include issues with balance, weakness, confusion and age-related debility. In order to prevent such occurrences, all patients admitted to JSSA Hospice will be assessed for risk of falls. Patients and caregivers will be educated regarding measures to prevent falls, and a process for monitoring risk will be part of each patient's plan of care.

Environmental

- Clear walking areas of any clutter.
- Secure area rugs.
- Repair any holes in floor or carpeting.
- Install nonskid treads on stairs if necessary.
- Secure old railings.
- Keep hallways/stairways well lighted.
- Use night-lights.
- Install grab bars near toilet/shower.
- Utilize a raised toilet seat.
- Utilize hospital bed or low bed.
- Keep things you need within easy reach.

Medications

- Use medications as directed.
- Report side effects

- Assess for safety after starting narcotics or other new medications.

Mobility

- Use prescribed mobility aids:
 - walker wheelchair cane
 - other (_____)
- Rise slowly after eating or sleeping and after starting new medications.
- Keep bed in lowest position for easier transfer in and out of bed.
- Use recommended technique for transfers.

Incontinence

- Offer bathroom visits often.
- Utilize bedside commode.
- Keep pathways to bathroom clear of clutter.

Other

- Provide close supervision of patients who are restless or confused.
- Ensure that wheels on bed or wheelchair are locked.
- Install an emergency call button system.

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