

Fall Prevention Education

Your safety is our priority! Our goal at Boys Town National Research Hospital is to make your hospital stay as safe and comfortable as possible.

Because of the nature of medications used before and after surgery, and anesthetics used during surgery, we take special care to make sure patients do not fall. Upon admission, your nurse will evaluate you or your child for increased risk for falling. You can help us by giving your nurse valuable information. For example, we may ask you:

- Do you feel unsteady or dizzy?
- Do you need to go to the bathroom frequently?

If your nurse feels you or your child is at an increased risk of an accidental fall, we will plan our care with you to insure safety. The plan may include such things as:

- Posting a small sign near your door to communicate to all staff members to check your room frequently.
- Asking you to use your call light to get help to get out of bed.

You can play a big part in helping to prevent falls. Here are some suggestions to help avoid falls:

- Wear slip-resistant slippers or socks.
- Ask for assistance before getting out of bed, if you feel weak, dizzy, or light-headed, or just want us to help you.
- Remind your nurse to place your call light within reach.
- Please tell us about any changes in the way you feel, before and or after surgery.

If you have any concerns or questions regarding fall prevention, please feel free to discuss them with your nurse or doctor.

Revised 2-13-07