



# You Can Help Prevent Falls

*For patients and families of 7-Northeast*

Your oncology team wants to partner with you to prevent falls during your hospital stay. While you are on 7-Northeast, we will teach you how to prevent falls here and reduce your risk of falling at home.

## Your Risk of Falling

Hospital patients have a greater risk of falling for many reasons. Some of this risk is from:

- Medicines you may be taking, such as chemotherapy, anti-nausea, pain, anti-anxiety, antidepressant, blood pressure, and anti-seizure medicines
- Weakness from changes in your health or illness
- Being tired, feeling “groggy” or confused
- Changes in how often or how urgently you need to use the bathroom
- Being in an unfamiliar place
- Tubes or machines that you are connected to

## How We Keep You Safe

**Patient safety is our greatest concern.** If you fall, the risk of injury is high, and you could even die. 7-Northeast staff may use the following methods to keep you safe in the hospital:

- Put safety first by having a plan for you to get up out of bed. For example, using the call light and the bed alert system before getting up.
- Offer to help you to the bathroom or to use the commode every 2 hours
- Stay with you while you finish using the bathroom or commode
- Use a belt around your waist any time you get out of bed
- Check in with you every hour during the day and evening, and every 2 hours during the night. We will help you with personal needs, position changes, pain management, and bringing you items you cannot reach.

### Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

**7-Northeast Nursing Unit:**  
206.598.7770

We hope you will let us help you in these ways. Your signature(s) below show that you and your family agree to let us help prevent falls in the ways described above.

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*Patient and family signatures*

\_\_\_\_\_  
*Date*