

## Working together to prevent falls

- When you are admitted to the ward, please tell us if you have had a fall this year and if you have difficulty with walking or balance.
- We want to work with you or your family how to improve your safety and prevent falls.
- We will assess if walking aids will improve your safety and independence. If needed, walking aids will be provided for you to use.

### Did you know?

- Falls are the cause of 57% of all injury-related hospital admissions.
- Falls are the leading cause of injury hospitalization for Saskatchewan youth under 20.
- One in three older adults falls each year; one in two over the age of 80 will fall.
- 90% of all hip fractures in older adults are the result of a fall combined with osteoporosis.
- The average length of stay in hospital is much longer for fall injuries.

***Falls and their injuries are preventable!***



*Healthy People,  
Healthy Saskatchewan*

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# Prevent a Fall in Hospital



***Information for  
Patients and Families***



*Healthy People, Healthy Saskatchewan*

## Reduce the risk of a fall:

- Bring non-skid shoes for walking.
- Bring your walking aids to the hospital with you. Keep them nearby to move about safely.
- Keep personal items within reach (i.e. glasses, books).
- Wear your glasses and hearing aids. Ensure they are in good working order.
- Improve your strength by sitting up in a chair or going for a walk. Always ask for help to get out of bed.

## Falls often happen on the way to the bathroom:

- Always call for help to get to the bathroom.
- Keep pathways free of clutter.
- Turn on your night light to go to the bathroom when it is dark.
- Keep your call bell within reach.
- Keep your bed at the height the staff have placed it.
- Check that the brakes are on the bed or wheelchair before you sit or stand.

## Be aware of the common risks for falls:

**Previous falls:** Please let staff know if you have fallen in the past few months.

**Illness or infection** can make you unsteady and weak. Being in the hospital can cause confusion and memory problems. Talk to staff about any concerns you have about this.

**Hydration and nutrition:** Drink plenty of fluids and make sure you eat enough fiber.

**Medication:** A change in medication can make you drowsy. Ask if the medicine you are taking has this side effect.

**Vitamin D and calcium** are important for bone strength. Ask your doctor to decide how much you need to take.

**Environment:** The hospital is not a familiar place to you:

- Sit up for a few minutes to prevent dizziness before getting out of bed.
- Use the hand rail and grab bar in the bathroom and tub.
- Keep your walkway well lit.
- Always call for help to go to the bathroom, to get up to sit in a chair or to go for a walk.
- Use your cane or walker if you have one.

**Pain:** Ensure that your pain is under control. Ask your nurse for help if you are in pain.

**Concern of falling:** Let a health-care professional know if you are afraid that you may fall.

**Inactivity:** Ask your care team for help to move around. A therapist is here to help you stay active.

**Protect your hips!**  
**Talk to your doctor, nurse or therapist about hip protectors to prevent a broken hip.**

