

Falls Prevention in the Hospital

Digby General Hospital
Roseway Hospital
Yarmouth Regional Hospital

You are at a higher risk of falling if you:

- › are over the age of 65
- › take 5 or more different medications
- › have fallen in the past 3 months
- › have a chronic condition affecting your mobility (movement)

If you think you may be at risk of falling, please see the resources inside and the tips on the back to help you prevent slips, trips, or falls during your hospital visit.

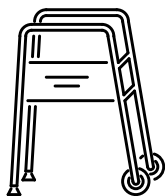
Before coming to the hospital



◇ If you get a ride to the hospital, use the 5-minute drop-off / pick-up area. Your driver can park and walk with you to the waiting area. If you drive yourself, remember to bring \$4 for parking.



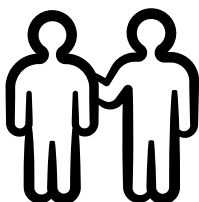
◇ Bring your Nova Scotia Health Card (MSI), and any other items you may need, such as your glasses, hearing aid(s), cell phone, etc.



◇ Bring your mobility device (e.g., walker or cane), if needed. If you are not sure which to use, bring both. Do not leave your mobility device in your car.



◇ Wear comfortable shoes with a closed toe and heel, and good grips on the bottom.



◇ You may wish to ask a family member or friend to come to your appointment with you for support.

At the hospital

- If you feel unsteady or dizzy, ask for help or use the call bell to ring for your nurse.
- Always use your mobility device when walking.
- Transport wheelchairs are available at most entrances for use as needed.
- Take your time when walking or moving. Sit up in bed slowly. Stand up slowly after sitting or lying down.
- Sit on a chair or bed when getting dressed or changing into a gown.
- Wear your shoes when moving around in your room or on the unit.
- Tell your health care team if you have a history of falls.

What are your questions?

Please ask. We are here to help you.

Other falls prevention tips for visiting the hospital:

Outside:

- Check the weather. Snow, rain, hail, and even humidity can make outdoor surfaces slippery.

At home:

- Give yourself plenty of time to get ready. Avoid rushing.
- Know your medications and any side effects they may cause. Unless otherwise directed, take your medications at the scheduled times.
- Eat regular meals and drink water to stay nourished and hydrated. Consider bringing a snack to the hospital with you.

At your appointment:

- Tell your health care provider about any changes in your medical condition or if you have had any falls.

Prepared by: Rehabilitation Services, Yarmouth, Digby & Roseway

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The information in this brochure is for informational and educational purposes only. The information is not intended to be and does not constitute health care or medical advice. If you have any questions, please ask your health care provider.

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The information in this pamphlet is to be updated every 3 years or as needed.