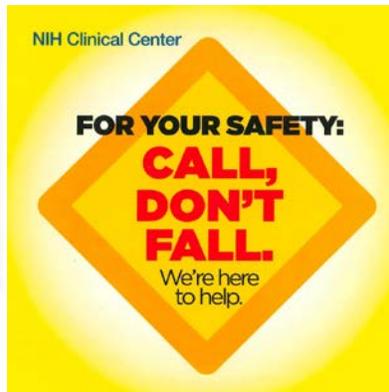


# NIH Clinical Center Patient Education Materials

## NIH Falls Prevention Education

During your stay at the NIH Clinical Center, you may have one or more medical conditions that put you at risk for a fall or an injury resulting from a fall. Your safety is our top priority. We would like to partner with you to keep you safe from falling. Please tell us what we can do together to reach this goal. Below are some tips we would like to share with you, because we are here to help you.



### **You can be at risk for falling, if you:**

- Have trouble hearing or seeing
- Have fallen in the past 6 months
- Are afraid of falling
- Are unsteady on your feet
- Feel weak because of malnutrition, dehydration, or excessive diarrhea
- Have a low red blood cell count, which can cause you to feel very weak and tired
- Are taking more than one medication for pain, insomnia, anxiety, or nausea and feel sleepy or dizzy
- Have conditions that affect your perception of pain or affect your sense of balance, like loss of sensation due to damage of nerves on your feet causing weakness, numbness, and tingling

### **You can be at higher risk for an injury from a fall if you have:**

- A low platelet count that can make you bruise or bleed more easily after a fall
- Osteoporosis or take steroids which can increase your risk of breaking a bone if you fall
- Had a recent surgery in your abdomen or your head that has not completely healed. A fall could cause that unhealed wound to reopen.



**Help us to prevent a fall by pressing the “Nurse Call” button for help immediately when you:**

- Get in and out of bed for the first time
- Feel dizzy or unsteady when you try to stand up
- Need help to use the bathroom or a bedside commode
- Want to get out of bed but have an IV pole, oxygen tubing, Foley catheter, suction machine, or other drains
- Drop something on the floor. Bending or reaching down can result in your losing your balance.
- Spill something on the floor. We want to clean up the spill so that you and others do not slip.
- Experience pain
- Have too many items (furniture, electrical cords) cluttering your pathway in your room

**Keep your High Fall Risk Bracelet on at all times.**

**Please remind your nurse and other caregivers:**

Place the “Nurse Call” button and all personal items (glasses, urinal, cell phone, remote, bedside commode, trash can, and water pitcher) close to your bed. This way, you can easily reach them when you need them.

**Remember, an ounce of prevention is worth a pound of cure!**

This information is prepared specifically for persons taking part in clinical research at the National Institutes of Health Clinical Center and may not apply to patients elsewhere. If you have questions about the information presented here, talk to a member of your health care team.

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[Questions about the Clinical Center?](#)

