

Preventing Falls in the Hospital

While you are in the hospital, you may have tests, treatments or new medicines that could cause you to feel weak, dizzy or confused. Even being in bed for just one day can make you feel weak. Staff will work with you and your family to help you avoid falling while you are in the hospital.

To Help Prevent Falls:

- Ask the staff for help **before** you get out of bed. Your doctor or nurse will tell you when it is safe for you to get out of bed or go to the bathroom without help.
- Anytime you feel weak, lightheaded or dizzy, ask for help **before** getting out of bed.
- Make sure your call light, table, telephone and anything else you need are within reach before staff leaves the room.
- Wear slippers, socks or shoes that will not slip. Ask for a pair of non-slip socks if needed.
- Keep the side rails on your bed up. Do not lean against or climb over the side rails. They are used to keep you from falling out of bed.
- Take your time. Move slowly. Sit at the side of the bed for a minute before you stand up.
- Never use an IV pole or anything with wheels to support you.
- Go to the toilet often so you will not have to hurry.
- Ask someone to unplug and plug in your IV pump. Bending over can cause dizziness.
- Avoid wearing long nightgowns or robes.
- Keep a light on in your room—even at night.
- Ask how to use devices such as canes, walkers and wheelchairs.

Prevención de caídas en el hospital

Mientras está en el hospital, algunos de los exámenes, tratamientos o nuevos medicamentos que reciba podrían hacerlo sentir débil, mareado o confundido. Incluso estar en cama por un solo día puede hacerlo sentir débil. El personal trabajará con usted y su familia para ayudarlo a evitar caerse mientras está en el hospital.

Para ayudar a prevenir caídas:

- Pida ayuda al personal **antes** de levantarse de la cama. Su médico o enfermera le dirán cuando sea seguro levantarse de la cama o ir al baño sin ayuda.
- Si se siente débil o mareado, pida ayuda **antes** de salir de la cama.
- Asegúrese de que su luz de llamada, mesa, teléfono y cualquier otra cosa que necesite estén a su alcance antes de que el personal abandone su habitación.
- Use zapatillas, medias o zapatos que no resbalen. Pida un par de medias antideslizantes si es necesario.
- Mantenga levantadas las barandas de su cama. No se recueste ni trepe por encima de las barandas laterales. Están para impedir que se caiga de la cama.
- Tómese el tiempo necesario. Muévase lentamente. Siéntese al costado de la cama por un minuto antes de ponerse de pie.
- No use nunca un soporte para terapia intravenosa o cualquier otra cosa con ruedas para sostenerse.
- Vaya al baño a menudo para no tener que apurarse.
- Pídale a alguien que enchufe y desenchufe su bomba de terapia intravenosa. Agacharse puede causar mareos.
- Evite usar camisas de dormir o batas largas.
- Mantenga una luz encendida en su habitación, incluso por la noche.
- Consulte cómo usar dispositivos como bastones, andadores y sillas de ruedas.

Expect that staff will:

- Check on you often.
- Respond quickly to call lights and alarms.
- Store equipment and items out of the way.
- Clean up spills or slippery spots.

Your care team may use special equipment to keep you safe or to show that you are at higher risk for falling.

Talk to your doctor or nurse if you have any questions or concerns.

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El personal:

- Pasará a ver cómo está con frecuencia.
- Responderá rápidamente a las luces y alarmas de llamada.
- Almacenará los equipos y artículos fuera del camino.
- Limpiará los derrames o sitios resbaladizos.

Su equipo de atención podría usar equipos especiales para mantenerlo seguro o para demostrar que corre un mayor riesgo de caerse.

Hable con su médico o enfermera si tiene alguna pregunta o duda.

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Preventing Falls in the Hospital. Spanish.