

Falls Prevention Program

Runnymede Healthcare Centre is a recognized leader in hospital care and received Accreditation Canada's highest honour. Our programs help patients resume their lives at home or in the community.

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RUNNYMEDE HEALTHCARE CENTRE

Falls Prevention Programs

At Runnymede, patient safety is our top priority and we are diligent in ensuring fall risks are minimized.

We will assess your risk of falling:

- Upon admission
- After a fall
- After a change in your medical condition

When responding to falls, we will:

- Assess for injury
- Provide treatment
- Follow up to reduce further harm with an individual safety plan

If you are at risk of falling, we will:

- Develop an individualized care plan to address your risks
- Complete assessments and treatments targeting your risk factors for falling
- Apply a yellow armband so the care team is aware you are a risk for falling

WHAT DO YOU DO IF YOU FALL?

If you fall:

- Call for help
- Ring your call bell
- Shout or bang on the wall or floor

Don't try to get up on your own; please notify a staff member when you have fallen.

PREVENTING FALLS

Falls prevention strategies to follow:

- Keep your call bell within reach
- Call for help if you need it, or if it is recommended for you
- Use mobility aids and/or adaptive equipment as prescribed, and keep them within reach
- Wear well-fitting, flat, non-skid footwear with a closed heel
- Wear comfortable, well-fitting clothing that does not drag on the floor
- Wear your glasses and hearing aids as prescribed
- Keep your room free of clutter
- Keep frequently used items close by
- Do not lean on furniture when moving around
- Exercise regularly under the supervision of your therapists
- Let your therapist/nurse/physician know if you are in pain

MOBILITY EQUIPMENT

Your therapist will label your mobility equipment with coloured tape to help make it clear how it should be used:

- **Red tape:** Recommend using with hands-on assistance from staff
- **Yellow tape:** Recommend using with close supervision from staff
- **Green tape:** You can use the equipment independently without supervision

FALLS PREVENTION STRATEGIES

Your therapy team may discuss more falls prevention strategies that are specific to your unique needs.

Their instructions may include:

- When you should call for mobility support (e.g., getting in or out of bed, moving to your bedside chair, going to the bathroom, etc.)
- Whether you should sit in a more supervised area on your floor
- Keeping your mobility aids within reach
- How your family, friends, and volunteers can get involved in helping to prevent falls
- Using the toilet at regular intervals

They may recommend equipment such as:

- Bed alarms
- Wheelchair alarms
- Floor mats
- Reminder notes (e.g. who to call for assistance)
- Required gait aid

COMMUNICATION CHALLENGES

If you have difficulty understanding your therapy team due to communication barriers, please let our staff know.

Communications/picture boards can be provided.