

## Preventing Falls Within Our Walls

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Falling can be normal and common for children. Children are more at risk for falling when they are in the hospital. Here are some reasons why:

- Your child may be confused in an unfamiliar place.
- Your child may be dizzy or wobbly (off balance) because of the medications they are taking.
- Your child may be weak because they are less active in the hospital.
- Your child may get medications or fluids that make them go to the bathroom more or make them have to go to the bathroom in a hurry.
- Your child may have an IV pole or other equipment that can get in their way when walking.
- Your child may feel more bored, so they may get up and look around for things to do.

Falling in the hospital can also be more dangerous than falling at home. Our furniture (tables, beds, and chairs) is higher, and our floors are harder. Also, your child may be affected by treatments or their condition.

### **What will staff do to help prevent my child from falling?**

Your child's safety is very important to us. During your child's stay in the hospital, you may see us:

- Reminding your child to go to the bathroom
- Taking your child to the bathroom and staying with them in the bathroom
- Using special equipment to help your child move safely
- Reminding you about keeping your child safe from falls

## What can I do to help prevent my child from falling?

Here are some things you can do to keep your child safe:

- Keep the side rails up in the bed or crib at all times.
- Lower the bed or crib as low as possible.
- Keep the call light and personal things close to your child so they don't have to reach for them.
- Keep the floors clear of toys and personal things.
- Make sure your child wears shoes or hospital socks when they get out of bed to prevent slipping.
- Play with your child on the bed or the floor (not on the window bench).
- Do not leave your child on the recliner chair or window bench.
- Ask a staff member for help with getting your child out of the bed and to the bathroom.
- Let your nurse know if you have to leave the room.
- Call a nurse if you feel sleepy and cannot watch your child.
- Always use the buckle or seat belt in carriers, strollers, and highchairs.

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