

# Checklist for Hospital Staff ,Prevention of Falls'

Elderly people are increasingly at risk of falling, particularly in hospitals. Many safety hazards are located in the patient's immediate spatial environment.

In addition to assessing the risk of falls, every hospital employee can contribute to minimising the patients' risk of falling by considering the questions below which refer to the most frequent safety hazards.

All professional groups which might be present in a patient's room should be trained on the issues listed below. In this respect, it is highly recommended to involve the cleaning staff and the transport service in such a training.

## Always have an eye on:

Are the brakes of the rollator/wheelchair locked?
Are the brakes of the commode chair locked?
If needed, is the required walking frame within reach for the patient?
Is the floor surface dry?
Is the access to the toilet and the door free of obstacles?
Might the cords of the telephone, the alarm/call system or other objects pose trip hazards?
Is the night light switched on?
Does the alarm/call system work and is it always within easy reach?
Has the patient been instructed on the function of the alarm/call system and has he tested it?
Has the patient understood how the alarm/call system works?
Is the bed fixed at an appropriate height? Adjusted to the patients convenience
In case of fitful and/or frail patients as well as upon request: Has a low-height bed been provided?

## Do not forget:

Has the patient been informed that he is not supposed to walk in regular socks but instead only in sturdy shoes?
Has the patient been made aware of his increased risk of falling due to the unfamiliar environment? Has he been made aware that he should ring the alarm and, in the early period of his stay , go to the toilet only accompanied by someone?
Has the patient been informed about potential consequences of medical measures (for instance: adverse effects of medications especially any form of anaesthetics; impairments due to catheters for pain treatment ; catheters or drainages)?