



Patient Fall Prevention Education

Falls can cause bone fractures or other significant injuries. Patients have a responsibility to recognize their body symptoms and personal risky behaviors that may contribute to a fall. Ask your nurse for assistance instead of risking a fall.

I have been instructed on the following:

1. Grab bars are located at the scales to assist with balance
2. Use of the bathroom call light
3. Tell your nurse if you feel dizzy, weak, or lightheaded, and ask for assistance.
4. ALWAYS tell your nurse or doctor if you have fallen recently. Frequent falls may indicate other health problems that need to be evaluated.
5. Proper shoes to wear have non-skid soles. Avoid floppy slippers, bare feet, stockings, or loose shoes.
6. After reclining for a prolonged time, be sure to sit up for a few minutes before trying to stand. That behavior will minimize episodes of dizziness and blood pressure drops when standing too suddenly.
7. Remain in the reception area until a facility staff member calls you into the unit. The facility staff member must escort you from the reception area, to the scales, and treatment chair before treatment. At the end of your dialysis treatment, the facility staff member will again escort you to the scales and to the reception area chair and/or transportation vehicle. This is for your safety and to prevent falls.
8. Weigh with your shoes. Removing your shoes increases your risk of a fall.



9. Be careful when bending over from a standing position, especially after your dialysis treatment. Your body may still be adjusting to being “off dialysis”, and bending over can cause your blood pressure to drop unexpectedly.
10. Tell the receptionist or your nurse if you see broken furniture that needs repair.
11. Learn about your medications so you will know if you take something that may cause dizziness, vision or hearing difficulty, or sudden blood pressure drops. If you have any of these symptoms, discuss them with your nurse or doctor.
12. There are many personal assistive devices available to assist with any disability you might experience. Personal assist devices include canes, wheelchairs, grab bars next to your toilet at home, and elevated toilet seat, and even a “call for help” device that you can wear on your clothing.
14. Be a safety conscious neighbor to your fellow patients. Tell the receptionist or nurse if you notice someone else is having a problem and may fall. Tell someone if you see a liquid spill in the floor or clutter in the walkways. Don’t place your personal items in the walkways.

Share these safety tidbits with your family members too, so they can help you decrease your risk of falling when you are at home or out in the community.

My nurse discussed the fall prevention safety list with me.

Patient name (please print): _____

Patient signature: _____ date _____

Witness _____ date _____

Original to medical chart and copy to patient and/or family.

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