

# FALLS PREVENTION CHECKLIST

- MONITOR POST DIALYSIS HYPOTENSION
- RE-EVALUATE DRY WEIGHT REGULARLY
- DO ORTHOSTATIC BLOOD PRESSURES PRE- AND POST-DIALYSIS
- DO THE “SENIOR SHUFFLE” THROUGH YOUR DIALYSIS UNIT
- KEEP FLOORS DRY AT ALL TIMES
- KEEP FLOORS FREE OF CLUTTER
- ASSESS POLISHED/WAXED FLOORS FOR SLIP POTENTIAL
- ASSESS PATIENTS FOR APPROPRIATE NON-SKID FOOTWEAR
- ASSESS PATIENTS WITH NEUROPATHY – A CANE OR WALKER MAY BE NEEDED
- IF PATIENTS WEAR GLASSES, MAKE SURE THEY ARE ON BEFORE AMBULATING
- EVALUATE PATIENT MEDICATIONS FOR HYPOTENSIVE SIDE EFFECTS MONTHLY
- MONITOR PARKING LOTS FOR WEATHER ISSUES (I.E., ICE, SNOW)
- SCALES SHOULD HAVE HAND RAILS AND A CHAIR NEARBY
- EDUCATE PATIENTS TO THEIR FALL RISK