

Partnering for Fall Prevention: My Falls Safety Plan

We care about your child's safety. Our team wants to partner with you and your family to protect your child from falling. If you have questions about your child's fall risk status, talk to your team.

Our key messages: 1) Sick children fall and get hurt. 2) A fall can add days to your stay. 3) With your help, we can prevent your child from falling.

Your child/adolescent may be at risk for falls or injuries due to:

- | | |
|---|---|
| <input type="checkbox"/> Age/Developmental Risks <ul style="list-style-type: none">• Learning to walk/cruising• Temper tantrums• Learning to use the bathroom• Climbing, running, and jumping | <input type="checkbox"/> Medical Risks <ul style="list-style-type: none">• Seizure disorders/movement disorders• Orthopedic conditions• Frequent trips to the bathroom (from IV fluids or bowel clean outs)• Dizzy, restless, or lightheaded from illness or medicine• Procedure/sedation within the last 24 hours• Muscle weakness or balance issues• Brain injury/concussion/brain tumor/resection |
| <input type="checkbox"/> Unfamiliar environment | |
| <input type="checkbox"/> Tripping hazards (equipment, cords, and personal belongings) | |
| <input type="checkbox"/> Long hospital stay | |
| <input type="checkbox"/> Working with Physical Therapy | |

Based on the risks noted above, your child's risk of falling is:

- | | |
|---|---|
| <input type="checkbox"/> Standard Risk for falls | <input type="checkbox"/> High Risk for falls |
|---|---|

What You Can Do to Prevent Falls:

- | | |
|--|--|
| <input type="checkbox"/> Use the call light to reach the hospital staff/call for help when getting child up | <input type="checkbox"/> Use safety straps on highchairs, strollers, wagons, etc. |
| <input type="checkbox"/> Independent/older children: Use a bed alarm/parental supervision (i.e. if caregivers leave, please let nurse know so we can keep your child safe) | <input type="checkbox"/> No running, skipping, or horseplay in hallway |
| <input type="checkbox"/> Keep personal items and call light within reach | <input type="checkbox"/> Child should wear clothing that fits. Avoid long gowns and pants child could trip over. |
| <input type="checkbox"/> Keep room and floor clutter free | <input type="checkbox"/> Supervise activity in playroom and room (i.e., do not stand on couch, bed, or windowsill) |
| <input type="checkbox"/> Be aware of monitors, IV poles/tubing, oxygen tubing, EEG leads, etc. | <input type="checkbox"/> Use side rails on bed or ensure crib rails are locked in highest position |

High risk level: Fall safety = call nurse first

What Staff Will Do to Keep Your Child Safe:

- | | |
|--|---|
| <input type="checkbox"/> Place a high fall risk leaf outside of your door | <input type="checkbox"/> Consider the use of low beds, floor mats, or bed alarms |
| <input type="checkbox"/> Place a high fall risk ID band on your child | <input type="checkbox"/> Consider making a toileting schedule or use a bedside commode with your child |
| <input type="checkbox"/> Stay with your child in the bathroom and the shower | <input type="checkbox"/> Ask to have physical therapy work with you (as needed) or use devices like a gait belt or walker |

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 7/2017 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#7928