

## 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 falls. If you have questions about your child's fall risk, talk to your team.

### Key Points

- Sick children fall and get hurt.
- A fall can add days to your stay.
- With your help, we can prevent your child from falling.

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

- Age/Developmental risks:
  - Learning to walk/cruising
  - Temper tantrums
  - Learning to use the bathroom
  - Climbing, running and jumping
- Unfamiliar environment
- Tripping hazards (equipment, cords, and personal belongings)
- Long hospital stays
- Working with physical therapy
- Medical risks:
  - Seizure disorders/movement disorders
  - Orthopedic problems
  - 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
  - Balance issues
  - Brain injury/concussion/brain tumor/resection

### Your child's risk of falling is:

- Standard risk for falls
- High risk for falls = call nurse first

### How You Can Prevent Falls

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

### How Staff Will Keep Your Child Safe

- Place a high fall risk leaf outside of your door
- Place a high fall risk ID band on your child
- Stay with your child in the bathroom and the shower
- Think about using low beds, floor mats, or bed alarms

- Think about making a toileting schedule or using a bedside commode with your child
- Ask to have physical therapy work with you (as needed) or use devices like a gait belt or walk.

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 © 8/2020 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#7928