

## Tips for patients and families:

Medications can increase your risk of falls. Here are simple steps you can take to stay safe:

- Bring all your medications with you when you visit the hospital and review them with your health care team. This includes prescriptions and over-the-counter medications, as well as vitamins and herbal supplements
- Talk to your pharmacist to learn more about your medications and how they might affect you
- Before you stop or change your medication, ask your doctor first
- Refer to one pharmacy for all your medication needs, so that they have a complete and up-to-date list of all of your medications

Prevent falls.  
Protect yourself.



Falls can have serious consequences, from minor injuries to severe fractures and life-threatening conditions.

Please share any concerns about your safety with our health care team.



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Your partner in  
preventing falls



Ask for assistance when using the washroom



This is where MANY falls can happen

Keep call bell and personal items close



Our health care team is here to help you

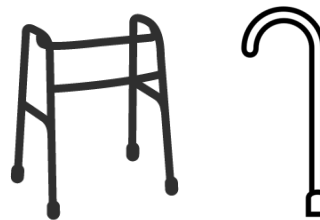
Wear non-slip footwear



Use your glasses or hearing aid for assistance



Use mobility aids



Avoid leaning on unstable items like furniture, tables or IV poles

Yellow armbands and special signage are used to identify high-risk patients



Patient Name:		Date:												
Increased Risk of Harm If You Fall <input type="checkbox"/>		Fall Interventions (Circle selection based on color)												
Fall Risks (Check all that apply)		Communicate Recent Fall and/or Risk of Harm												
History of Falls <input type="checkbox"/>	Medication Side Effects <input type="checkbox"/>	Walking Aid <input type="checkbox"/>	IV Pole or Equipment <input type="checkbox"/>	Unsteady Walk <input type="checkbox"/>	May Forget or Choose Not to Call <input type="checkbox"/>	Crutches <input type="checkbox"/>	Cane <input type="checkbox"/>	Walker <input type="checkbox"/>	Toileting Schedule: Every _____ hours	Bed Pan <input type="checkbox"/>	Assist to Commode <input type="checkbox"/>	Assist to Bathroom <input type="checkbox"/>	Bed Alarm On <input type="checkbox"/>	Assistance Out of Bed <input type="checkbox"/>

Some medications or combinations of medications may increase risk of falls



Don't stand up if you are feeling light-headed, fatigue, or dizziness