



تجمع الرياض الصحي الثاني
Riyadh Second Health Cluster
شركة الصحة القابضة



Preventing Falls While in
The Outpatient Clinic

The staff members are working together to provide you with a safe environment during your journey in your clinic visits.

As a patient, your risk for falling is **high**
Due to (but not limited to):

Medication

footwear

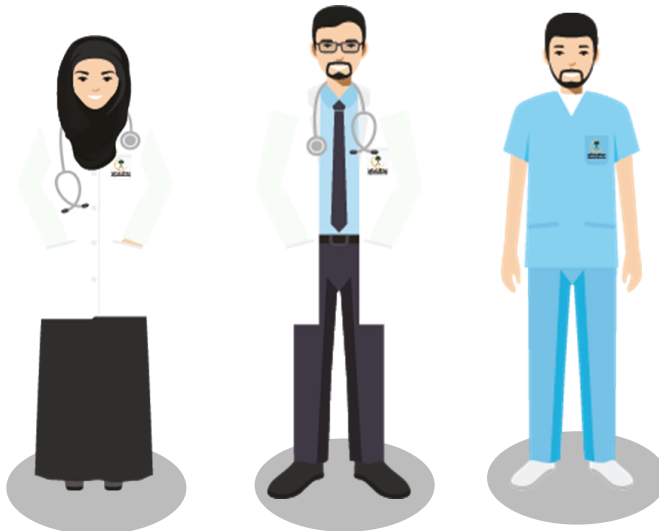
assistive devices

acute illness

an unfamiliar
environment

cognitive and
sensory deficits

behavior / choices



Use these tips to help you prevent falls whilst in ambulatory care center:



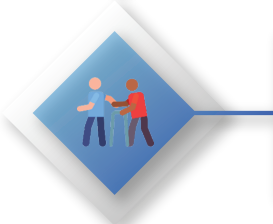
Inform the nurse if you have history of falls.



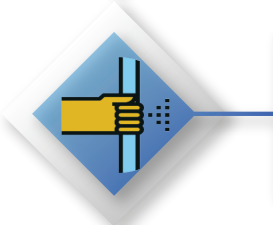
Review your medications, make a list of the medicines that can make fall more likely to happen.



Some medication may cause you to feel sleepy or dizzy, take your time when standing up from a chair. Call for help when needed.



Ask the nurse for assistance when you are ambulating within the OPD. This is very important if you have an unsteady gait or general body weakness



Use handrail while using the bathroom.



Do not lift your leg to wash in the sink, use the shower hand spray to wash your feet when doing "wodowa".



Make sure to have your mobile with you while in the bathroom to be use in case of emergency.



If you have gait problems, make sure to use your walker or cane to provide support. Always make sure to have a companion at all times.



Wear your hearing aids and eye glasses at all times whilst in the Ambulatory Care Center for your clinic visit.



Always wear comfortable footwear and clothing.



Tell the nurse if you have any concern about your safety.

Assessment

To determine if you are at risk for falls. Staff members will do an assessment in:

- The Vital Signs room
- During any procedure
- Physician consultation
- Transfer and any changes in patient condition

Visual Cues

If you are identified as at risk for falling, staff members will:

- Place an "At Risk for Fall" tag on the wheelchair
- Bed tag alert during procedure
- Red Arm-Band on your wrist with the Arabic and English word written indicating that you are at Risk for fall.



These visual cues will be used to let other staff members know that you may need additional help when getting around the unit.

Agreement

If a staff member thinks you may lose your balance, they will provide ambulation assistance.





Learn how Patient, Family /Companion can help with fall prevention:

Always call the nurse for help.

Stay with the patient if he/ she is confused or "AT RISK OF FALL".

Wear sensible shoes (properly fitted, sturdy shoes with nonskid soles).

Use assistive devices appropriately (if needed).

Make sure to wait or stay in a place where there is good lighting.

Speak to the nurse about your safety concerns as a patient/family/companion.

Constantly provide supervision to the patient during ambulation and bathroom needs.

Never leave the patient who is "AT RISK OF FALL" unattended always inform the nurse.

When you walk around the outpatient area, watch out for slippery or uneven floors and clutters.

**YOUR SAFETY IS OUR
PRIORITY!**

لأن الوعي وقاية

إدارة التثقيف الصحي

Falls Prevention and Management committee

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