

## **Child Patient/Family Fall Safety Information Sheet**

### **Fall Facts**

The danger of falling is very real for hospitalized children. There are several factors that increase this risk:

- Children under 3 years of age
- Illness and being in new and unfamiliar surroundings
- Certain medications, such as seizure and pain medications
- Previous fall history or being injury prone
- Shortness of breath, muscle weakness, unsteady gait, and fever
- New confusion from a trauma injury, infection/ changes in body chemistry
- Sensory impairments: numbness, blurred vision, hearing problems or not being able to communicate
- Jumping in/on crib/bed/ furniture

### **How will the staff know that my child is at risk to fall?**

Having a higher risk to fall may occur at different times throughout your child's hospital stay. Your nurse will be assessing your child's risk to fall at least each shift.

*Although we do all that we can to ensure the safety and comfort of your child during your stay at Danbury Hospital, we believe that fall prevention is everyone's responsibility.*

If a nurse determines that a child is at risk to fall, or if patients/families, themselves, feel they are at risk, we provide a special plan of care to address safety issues and reduce the danger of an accidental fall and injury.

**It is important to tell your nurse if your child is at risk to fall/ injury prone or if your child was/ is experiencing:**

- **Recent falls**
- **Periods of dizziness or blurred vision**
- **Weakness or balance loss**
- **Uses brace, crutches, or cane when walking**
- **Any other special needs that your child may have.**

### **What are the common practices that the staff will follow if my child is at risk to fall?**

The nurses and nursing assistants match fall prevention practices with your child's individual risk factors. Some of the most common fall prevention practices used at Danbury Pediatrics include:

1. A room close to the nursing station
2. A yellow fall risk logo may be placed outside your child's door and a yellow fall risk identification band may be placed on your child's wrist to alert other health care workers of risk to fall.



3. Frequent rounding by the staff. This means that the staff will come to your child's room frequently to check that your child is safe and/or needs any assistance.

4. Adapt activities around your child's usual routines as much as possible.

5. We will ask your child to wear footwear that is non-slip, has low and closed heels, and fits snugly to prevent tripping /slipping. Non-skid socks are available to all patients.

6. Have side rails on cribs up at all times. Crib release signed for all children under 3 years of age who sleep in bed.

7. Video monitoring system that can be used while caretakers are out of the room

8. All pediatric patients will wear a sensor on their identification band to ensure their presence on the unit.

### Family and visitors can help prevent falls by:

- Staying with your child if necessary.
- Informing the nurse of any changes in your child's behavior or thinking.
- Informing the nurse if your child is experiencing dizziness, blurred vision, weakness or any other new symptom.
- Maintaining a clear pathway in your child's room.
- Leaving the bed in lowest position when leaving
- Notifying the nurse upon leaving your child's room

*These practices are all part of the Danbury Hospital fall prevention protocols. These protocols are discontinued when family and staff feel that your child's risk to fall has been lowered.*

### Notes/Additional Information:

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