

# Falls Prevention in Hospital - Paediatrics

Information for Parents and Caregivers

## Did you know?

Children in hospital are at risk of falling just as they are at home. Some children will have a higher risk of falling due to their medical condition or the treatment that they are receiving. The hospital environment may also be unfamiliar to your child, and it may take them time to become used to it.

Having your child in hospital can be a stressful and anxious time for you. It may be easy to overlook the safety precautions that you routinely take at home. These safety precautions may be of even more importance in an unfamiliar environment such as the hospital.

## How can you help?

- Help your child to become familiar with the hospital environment by showing them:
  - where the toilet is
  - how to contact their nurse
  - the call bell for when you are not there
- Ensure your child has non-slip footwear for use in hospital.
- If your child is in a cot make sure you have a hand placed on them at all times when the cot sides are down.
- Ensure cot sides or bed rails are up when leaving your child's side even if it is only for a short time.
- Help your child walk to the toilet.
- Let nursing staff know when you are leaving your child's room.
- Make sure the nurse call bell is within reach of your child when you leave the room if they are of an appropriate age to use the call bell.
- Keep the floor clear of toys and belongings.
- Be aware of any floors that may be wet such as bathrooms. If you notice a spill, notify staff so it can be cleaned up.
- Use safety belts / harnesses when using wheelchairs, strollers, infant seats, or highchairs.
- Ensure anything such as drinks, call bell / TV remotes are in easy reach of your child before you leave the room.
- If your child has been given equipment to help them move around such as wheelchair, crutches etc. make sure that these are being used correctly. Ask the staff if unsure.

## Assessing the Risk

We won't always be able to prevent falls however, we aim to assess each child and identify those children that may be at a greater risk of a fall than other children.

By doing this we are able to take extra safety measures to try and prevent falls. The risk of falling may change if your child's condition or treatment changes.

If your child is identified as having a high risk of falling, a Falls Management Plan will be implemented. You will be involved in this and therefore aware of the extra safety measures that are to be put in place for your child.

## What do you do if a fall occurs?

If a fall does happen whether it is a patient or a visitor you need to notify the nursing staff immediately. They will make sure the area is safe and assist the person that has fallen.

If the fall involves your child the nursing staff will notify the relevant Medical Officer. The Falls Risk Assessment will need to be redone and a Falls Management Plan started/amended.

## For more information

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[www.sahealth.sa.gov.au/SALHN](http://www.sahealth.sa.gov.au/SALHN)



This document has been reviewed and endorsed by consumers.



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