

## If your child falls in hospital

- Tell a staff member.
- To reduce the risk of having another fall, staff will try to identify what caused the fall.
- If injured your child will be seen by a Doctor.
- To make your child safer, changes may be made to your child's treatment and hospital care. We will discuss with you and your child any changes.

## Checklist for parents

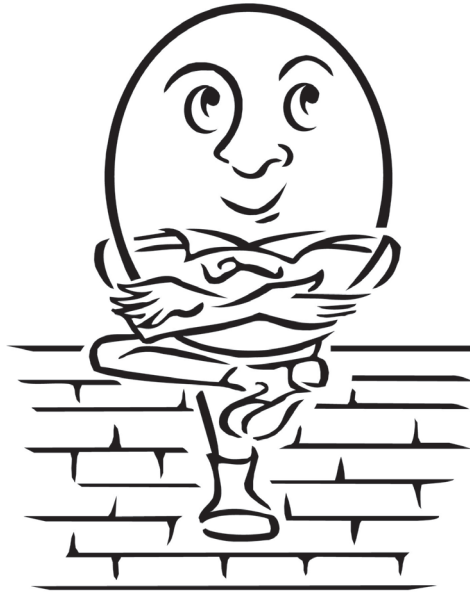
*Please bring in for your child:*

- Well fitting, non slip shoes or slippers.
- Nightwear/clothing that is above ankle length.
- Favourite toys/comforter/books (labeled) etc.
- Glasses or hearing aids if used.
- Child's own walking aid/wheelchair as requested (labeled).

## Preventing falls is important at home too!

If your child is using a walking aid, or is in plaster, they are at greater risk of a fall.

Before you leave the hospital, the team may wish to discuss your child's safety and care needs at home with you.



Acknowledgements:  
Falls Committees Central Coast and  
Northern Sydney Local Health Districts,  
CCLHD Carer's Support  
Central Coast Local Health District  
Northern Sydney Local Health District



# Preventing a Fall in Hospital

***A guide for Parents and Family***



**Falls in hospital can be serious and can lead to injuries and a longer hospital stay. With your help we will make this a safer place for your child.**



**We all know that kids tend to fall over, but falling over in hospital can be more serious than at home, as your child is in hospital because they are unwell or injured.**

Together we can reduce the chances of a fall.

## Falls in hospital happen

- **Mostly** around the bed
- Getting to the toilet and bathroom
- During busy times of the day, and late at night
- When your child is unsupervised
- Falling out of bed or off a chair
- While sleeping in parent's arms when parent is also asleep.
- When your child might be trying to reach or do things for themselves rather than waiting for help.

## Tips to prevent a fall

Your nurse will show you around the ward and talk to you about preventing falls.

- **Easy reach**—If your child is old enough, put in easy reach, the call bell, their favorite items/toys, glasses, hearing aids
- Bring in supportive and **non slip shoes/slippers**—no scuffs or thongs.
- Your child must not walk in **surgical stockings or socks** without shoes or safe slippers.
- Tell nursing staff if your child is going to be left **unsupervised**.
- **Cot sides** must be in the up position when your child is alone.
- Nightwear /clothes should be **above the ankles** to avoid tripping.
- Children must be accompanied by a parent or staff member when **walking for the first time** after an operation, or after a new medication as it may effect your child's balance.
- Children walking for the first time with crutches or a frame should walk **with staff**.
- If considered safe, their walking aid should be within easy reach of your child.

- **Safety straps** must be used for all equipment such as infant/ disability seats, high chairs and prams/ specialized wheelchairs
- Infants should never be left **unattended** in equipment or on change tables.
- Children should never be allowed to **play in unsafe areas** such as bathrooms, table tops, windowsills, staff only areas etc.
- **Running** on the ward is not allowed.
- If your child is moved in their **cot or bed** the side rails must always be up.

## General tips

- Watch out for **spills, obstacles or toys**.
- Clean up any simple spill or request assistance from staff.
- Alert staff to any **hazards**
- Toys should be put away after use.

**Other visitors** can help too by making sure that when they leave, the bedside is clear, the child's call bell is easy to reach, toys are put away, and any extra chairs are returned.

Visitors must **tell staff if the child is going to be left unsupervised**.