

Please contact us if you would like further information on the **SAFE** programme or if you have comments or suggestions.

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(Patient Safety Confidential Hotline)

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Bermuda Hospitals Board

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SAFE

PROGRAMME

Patient Information Guide



Bermuda Hospitals Board

Bermuda Hospitals Board (BHB) is committed to patient safety, care and comfort. We pride ourselves on programmes and services that demonstrate this commitment. This brochure is intended to provide patients with guidelines designed to minimize falls.

Although patient falls are rare at BHB, we are always looking at ways to keep our patients safe. Following are tips for patients, family members and visitors on their role in preventing falls.

The SAFE (Staff Against Falls Everywhere) Programme assists hospital staff in evaluating and monitoring patients at risk for falls. This programme incorporates recommendations established by global healthcare organizations that have significantly reduced their occurrence of falls.

When patients are admitted to hospital, they are assessed for their risk factors for falls. They are also continually monitored by their healthcare team throughout their stay.

Risk factors for falls include patients who:

- have previously fallen
- are taking certain types of medication
- are older
- are in unfamiliar surroundings



If you have been recommended for the **SAFE** Programme by your healthcare team, you will receive an orange wristband. An orange poster will be placed on the wall behind your bed. These orange indicators allow staff, family members and visitors to easily identify that you are protected and secure during your hospital stay. As long as you are on the **SAFE** programme, your healthcare team will monitor your risk level and keep you informed of any changes. We will also notify you when you are no longer required to be on the **SAFE** programme.

You can help minimise your risk of falls while in hospital by:

- Educating yourself on your role in patient safety
- Alerting nursing staff whenever you would like to leave your bed
- Ensuring your bed rails are up when you are in bed
- Asking nursing staff to leave a night light on for easy visibility
- Wearing rubber sole shoes or non-slip socks at all times
- Asking nursing staff to place your walking aids within easy reach

Family members and visitors can also help keep patients safe by:

- Learning about the patient's role in being safe
- Putting the side of the bed up after visiting a patient
- Alerting nursing staff when a visit is complete, so safety precautions, such as placing the call bell and walking aids within reach, can be restored.
- Informing nursing staff of any changes that have been noticed about a patient

The **SAFE** programme is only effective when we work together – patients, family members, visitors and BHB staff.