



Bermuda Hospitals Board

Keeping you safe from falls

Bermuda Hospitals Board (BHB) is committed to patient safety, care and comfort. Our patients are at greater risk of falling because they are in unfamiliar surroundings. Effective falls prevention is a team approach that includes support from friends, family and visitors.

Our falls prevention programme serves as a framework for hospital staff to evaluate and monitor patients who are at risk of falling. It incorporates recommendations established by global healthcare organisations, such as Johns Hopkins Medicine, that are proven to significantly reduce falls.

When you are admitted to hospital, your risk of falling is assessed. Your healthcare team will monitor you throughout your stay and reassess you if your circumstances change.

Based on your assessment, your healthcare team will talk to you about your risk and put universal falls precautions in place to keep you safe. If you are at an increased risk of falling, you may need additional safety precautions, such as an orange wristband, posters and stickers that indicate to staff and visitors that you are at risk. Your healthcare team will keep you informed of any changes.

You can reduce your risk of falling 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 nightlight on for visibility
- wearing rubber-soled shoes or non-skid socks at all times
- asking nursing staff to place your walking aids within reach

Your loved ones can help keep you safe by:

- learning about their role in patient safety
- putting the bed rails up after visiting you
- alerting nursing staff when leaving so precautions, such as placing the call bell and walking aids within reach, can be restored
- informing nursing staff of any changes they notice about you



Factors that may affect your risk of falling

- Age
- History of falling
- Toileting needs
- Medications
- Patient-care equipment
- Mobility
- Cognition



Please contact the Quality and Patient Safety team if you would like further information about preventing falls, or you have comments or suggestions about the falls prevention programme.

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