

Reduce your risk of falling at BC Cancer

Tell any BC Cancer employee if you are worried about falling, are feeling dizzy or unsteady, or have fallen in the last 6 months.

Use your usual walking aid/wheelchair and keep it within your reach. Use the brakes on wheelchairs.

Use the call bell if you feel unwell or need to move, especially if you need help going to the toilet.

Make sure you use your glasses or hearing aid. Ask for help if you have trouble seeing or hearing.

Please wear shoes or slippers — do not walk in your bare or stocking feet. Replace and tie your shoes after an examination, procedure or having your weight taken.

Do not rush when walking anywhere in the centre — take your time.



Provincial Health Services Authority

Identifying your falls risk at BC Cancer

Every new BC Cancer patient will be screened to identify any risk for falling. New patients will be asked three questions to determine a falls risk:

- Have you fallen in the last 6 months?
- Do you have balance or muscle weakness problems?
- Do you use any mobility aids?

Please let your care providers know if any of these issues apply to you — at any time during your care at BC Cancer.

When you are at home

For your ongoing safety, you may be referred to a falls prevention clinic or community home care in your area.

Please ask us for information about falls prevention at home or go to: <https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/health-safety/disease-and-injury-care-and-prevention/fall-prevention/resources-to-learn-more>

YOUR SAFETY IS IMPORTANT TO EVERYONE AT BC CANCER

**BC
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Provincial Health Services Authority

PATIENT FALL AND INJURY PREVENTION

SAFETY GUIDE FOR PATIENTS, FAMILIES AND VISITORS



PREVENTING FALLS IS EVERYONE'S RESPONSIBILITY!

BC Cancer patient fall and injury prevention

BC Cancer is committed to providing a safe environment for patients, their family and visitors.

While anyone can be at risk of falling, patients with cancer can be at higher risk due to medication or procedure side effects, changes to mobility, or simply by being within a new environment.

Please use this pamphlet to learn about your individual falls risk, as well as safety tips to prevent falls. You and your family can help by being aware of the actions you can take to stay safe.

We encourage you to tell the BC Cancer health care professionals caring for you about your safety concerns — please ask us questions about what can be done to reduce your risk of falling while at BC Cancer.



BC Cancer employees want to help you stay safe

Some suggestions for you, when getting up from a stretcher or bed:

- Never crawl over or between side rails,
- Sit upright for a few moments on the edge of the bed or stretcher before standing,
- Get up slowly and make sure you feel steady before walking. Ensure the bed is at knee height. Footwear should be on.
- Tell the health care professional caring for you if you feel unwell, dizzy or need more time before you move, or need help with side rails or bed height.

Ask for assistance, or ring the call bell if you need assistance while in, or while getting to/from, the bathroom and toilet.

If you see anything that could cause a slip, trip or fall — including clutter in a hallway or room — please tell any BC Cancer employee so they can correct it.

If you do fall while at BC Cancer

Despite our best efforts, some patients do fall. Don't be embarrassed! Anyone can slip, trip or fall.

If you do fall, please stay where you are. A BC Cancer employee will assist you. A nurse or doctor will assess you for any signs of injury and provide appropriate treatment, if needed.

We will record the fall in your BC Cancer patient chart and in our safety incident reporting system (PSLS) to assist us with any needed safety improvements.

Vancouver Centre Inpatient Unit Family and friends after your visit, please:

- Leave the patient's room/bed space tidy
- Replace chairs, bed tables and call bells
- Ask for help to replace bed rails, if used
- Take unnecessary items home to reduce clutter

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