

Why is it important to prevent falls?

A fall is an event that must never be underestimated, as it might be the cause of:

- Fractures
- Injuries to the skin and internal organs
- Skull and spine traumas

A fall in hospital might prolong the stay there



This booklet is available on the website www.asst-monza.it



Prevention of falls by children



We invite you to read this booklet that contains suggestions on how to prevent your children from falling

Who falls...

All children are in danger of falling

since physiologically, while learning and developing new skills and coordination, they are often unaware of their limits. Hospitalised children, besides those factors, have further elements increasing the risk of falls. We tend in fact to underestimate the problem, as a child falling is deemed physiological in everyday life, whereas that is not so in a hospital environment.

Among accidents affecting hospitalised minors (0-17 years), falls can be considered the most relevant in terms of frequency and serious outcomes. The time exposed to the greatest risk consists in the 4 hours following the administration of sedative drugs and the 24 hours following an anaesthesia.

After childbirth

The mother might be physiologically more tired, and is thus advisable to ask help from the ward staff to breastfeed in a comfortable and safe position for the mother and the infant



Advices on preventing falls ...

For infants:

- Avoid leaving the child alone on the changing table, scales, bed;
- Use the cradle to shift infants around and avoid long routes while carrying infants or children in your arms
- Lay the child on the bed with raised side rails or, if in an incubator, check that the portholes are closed before moving away

For children:

- Correctly use the mobile side rails or the personal aids;
- Keep the bed as low as possible when the child is not directly looked after;
- Ask for assistance if you have to move away from the little patient or you feel insecure about mobilizations.

- Monitor the child to prevent risky behaviour;

- Do not leave objects on the floor that might hinder the path;

- Pay more attention if the child is feverish or if therapies acting on the wakefulness-sleep state are followed;

- Stick to the instructions issued by the healthcare operators;

- Keep the bell, phone and personal items nearby;

- Cause anti-slip footwear to be worn;

- Avoid running, as the floor might be wet, and you might bump other suffering children and/or furnishings that might cause damages;

- Leave the door of the room open so that the staff can see at once whether he needs help.

