

WHAT YOU CAN DO TO PREVENT INFECTION

1. Wash your hands before eating, after using the restroom, before and after touching any wounds, after coughing, sneezing and blowing your nose.
2. Ask your caregiver to wash their hands prior to providing your care.
3. When prescribed antibiotics, take the medication exactly as directed.
4. Maintain good hygiene, including teeth.
5. Cover your mouth and nose whenever you cough or sneeze.
6. Do not visit family or friends if you have symptoms of a cold or flu.

FALL EDUCATION INFORMATION FOR FAMILIES

Falls are one of our greatest safety concerns at Capital Region Medical Center. We make every effort to prevent falls. Patients are assessed for potential fall risks upon admission and throughout their hospital stay. If they are deemed to be at risk for falls we institute fall risk standards of care which include some of the following:

1. The bed will be kept in lowest position. If necessary we will activate the alarm on the bed which will alert the nursing staff if your loved one attempts to climb out of bed.
2. We ask that you help orient him or her to person, place, time and environment. (Many times patients become disoriented when out of their routine environment or under the influence of medications/or anesthesia.)
3. We ask that the patient request assistance before attempting to get out of bed. When he or she is assisted from the bed we will do so slowly and ask him or her to take a deep breath before standing.
4. Please help us keep items (Kleenex, glasses, water glass, etc.) within reach of the patient.
5. When walking the patient the staff may use a gait belt (a wide cloth band that is placed on the patient's waist for increased stability for the patient and healthcare provider when walking), this will facilitate ambulation and lessen the fall risk.
6. Please notify nursing staff when you leave so we may activate the bed alarm system and watch your family member more closely.