

Preventing Patient Falls in the Hospital

Patient falls are a serious problem in hospitals and they can cause injuries and stress for patients and their families. Nurses try to keep patients safe, but sometimes falls still happen because patients are weak, confused, or trying to move without help. Falls can also happen when hospital rooms are crowded or when equipment is not placed in a safe way. These situations can increase fear and discomfort for patients.

Another reason falls happen is because nurses are very busy during their shifts. They may not always have enough time to check every patient regularly. Poor communication between nurses and other healthcare workers can also lead to safety risks. If one staff member does not report a patient's condition, another nurse may not know that the patient needs supervision. Education programs are available in many hospitals, but not all staff follow the recommendations consistently. When patients fall, they may stay longer in the hospital and develop other health problems. For example, limited mobility after injury can increase the chance of infections. Good hygiene practices are important during this period because patients are more vulnerable. Mouajou et al. (2022) explain that healthcare workers must maintain infection prevention behaviors to reduce complications and protect patient safety.

Hospitals often use safety alarms, bed rails, and signs to prevent falls. However, these tools may not be effective if nurses are not attentive or if patients ignore instructions. Nurses should create a safer environment by removing obstacles and supporting patients during movement. In conclusion, preventing patient falls is an important nursing responsibility. Better teamwork, improved communication, and consistent safety habits can help reduce fall risks and improve patient outcomes.

Sources Used

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