

POST-PARTUM-FALL RISK-ASSESSMENT TOOL

Patient Assessment

- Epidural anesthesia x 24 hours
- C-Section
- Prolonged labor
- Generalized weakness
- Excessive blood loss
- 1st and 2nd time out of bed after delivery
- On Ambien, diphenhydramine
- On Magnesium Sulfate
- “High risk” drugs**
 - Diuretics, narcotics, sedatives (Sonata can cause sleepwalking)**
 - Antidepressants, anti-arrhythmics, anti-psychotics**
 - Benzodiazepines (Temazepam, Diazepam, Ativan)**
 - Antihistamines: Atarax, Benadryl, Vistaril**
 - Allegra, Zyrtec & Claritin are OK
- Previous falls **within last 12 months (ask your patient!)**
- Dizziness/syncope in an upright position
- ↓Hgb (≤ 8), ↓ RBCs
- Gait disturbance (unsteady, shuffling, jerking, swaying)
- History of seizures
- Diabetes-potential hypoglycemia (\uparrow dizziness, lightheadedness)
- Incontinent/urinary frequency or urgency
- SOB on exertion or rest/respiratory difficulties
- Potential** substance-abuse withdrawal
- Temp > 100 degrees F
- Anxiety
- Hearing- and/or visually- impaired
- Impulsiveness/Impaired memory
- Uncooperative/noncompliant/mental deficits, pt ignores limitations
- Communication barrier

Nursing Considerations

- Yellow star attached to door
- Yellow armband on
- Assist to & from bathroom and
DO NOT leave unattended
- Patient/Significant Other education:**
 - *Fall risk and why
 - ***Always** call for assistance when getting up.
 - Hold the baby in your arms only.
 - Never leave the baby on the bed even if you are in bed as well.

Name (print) _____ MR # _____

Date _____