Patient Tips for a Safe Surgical Experience
Patient and Family Information and Education

1. You and your surgeon should agree on exactly what will be done during the operation.

2. If your surgery is a “right” or “left” ask to have the surgical site marked with a permanent marker and to be involved in marking the site. This means that the site cannot be easily overlooked or confused (for example, surgery on the right knee instead of the left knee).

3. Ask questions. You should speak up if you have concerns. It's okay to ask questions and expect answers that you understand.

4. Think of yourself as an active participant in the safety and quality of your healthcare. Studies show that patients who are actively involved in making decisions about their care are more likely to get better faster.

5. Insist that your surgery be done at an accredited facility. Accreditation is considered the "gold standard," meaning that the hospital or surgery center has undergone a rigorous on-site evaluation and is committed to national quality and safety standards. The Surgecenter of Louisville is proud to say we are accredited by the Accreditation Association for Ambulatory Health Care (AAAHC).

FALL PREVENTION

Fall Prevention Program Goals:
- To provide our patients care in the safest possible environment.
- To increase the independence of our patients while making effort to reducing the risk of falls.
- To create an environment that will prevent serious injuries from falls that might occur during the course of a patient’s stay.
- To treat all patients with dignity and respect their rights as a patient.

Patients with the following conditions may be prone to falling:
- History of falls
- Change in medication or multiple medications
- Vision problems
- Weakness
- Periods of confusion
- Poor balance

On admission, patients will be evaluated for risk of falling. All patients will be provided with a safe environment. Family and caregivers will be notified of any special safety needs.

Patients who may have a higher risk of falling will be identified and the medical chart will be flagged to alert staff. Patients and their families need to work together with the staff to help prevent falls. We will assist patients/family by teaching safe movement and by alerting patients to some common problems they may experience.
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Please feel free to discuss with the nursing staff any questions you may have about the Surgecenters Fall Prevention Program.

**IMPORTANT TIPS TO REMEMBER FOR PREVENTING FALLS WHILE IN THE CENTER:**

- Call for assistance. Do not get up alone. Your nurse will determine if it is safe for you to move around independently.
- Tell your doctor or nurse of any episodes of dizziness or lightheadedness.
- Pause for a few seconds when changing positions, such as lying to sitting or sitting to standing. This allows your body to adjust to the change.
- Call for help if you feel the need to move from bed to chair or chair to bed, walking, getting to the toilet or retrieving hard to reach items. It is OK to ask for help when moving. Your family should not attempt to assist you without instruction.
- Avoid bending to pick up items. Ask for help.
- Proper, nonskid footwear is a must, no walking or transferring in socks.
- Keep your pathway free of clutter.
- Cooperate with the staff as they implement, and reinforce safety measures.
- Inform your nurse if you feel weak, dizzy or unsteady.
- Make sure the staff member has locked the wheelchair and that the foot pedals are up before moving in or out of it.
- Notify the staff if there is a spill on the floor.

**WHAT FAMILIES CAN DO TO HELP:**

If your family member is identified at high risk for falling, please do the following:

- Notify a staff member when you are leaving after visiting a high fall risk patient. Remind your loved one NOT to get up after you leave without asking for help.
- Make sure that necessity items are within the patient’s reach.
- Help staff maintain a safe environment by notifying staff of any concerns you have.
- Do not assist in transferring or moving a patient unless cleared by the staff.

**SPECIFICS FOR FAMILIES OF CHILDREN**

- Please never leave your child’s side for any reason without notifying the staff.
- If you are holding your child after surgery remember that they can be very drowsy, have poor balance and lack good judgment after anesthesia. Never let them stand or go to the restroom alone.
- If your child is asleep in the stretcher NEVER put a side rail down without a nurse present.
- If your child needs to get up for any reason please notify a nurse so that he/she may assist you.

When in doubt request help from the nurses, we are here to help! We take your family member or friends safety very seriously! Fall Prevention and a Safe Surgical experience is everyone’s responsibility!