Dear Patient and/or Caregiver:

Welcome to the Epilepsy Monitoring Unit (EMU). Perhaps little or no help was needed at home, but your condition, medication or equipment may make you unsteady, weak or dizzy. As a patient on the EMU you are at risk for falling. Several factors may put you at risk. These include: reducing anti-epileptic medication to provoke seizures; post-seizure state; EEG cables and nearby wires; an unfamiliar setting; taking medications (to help your sleep, blood pressure, water balance and so on); muscle weakness due to inactivity or bed rest; recent surgery; and like conditions.

We know falls occur in hospitals. While only a few of these falls result in an injury, the results can be serious. Your safety is our priority. We must do all we can to prevent fall injuries and the precautions used may require a compromise of your independence or privacy. It is important to work together and take the appropriate precautions to prevent a fall and possible injury.

To alert staff that you may need extra assistance to prevent falls and injuries, we have placed a yellow wristband on your arm and a yellow sun on your room door. We have also equipped your bed rails with pads and request that you keep them up unless otherwise required. If necessary, a lap belt or wrist restraints (untied) may be worn and the physician restraint orders will be placed on your (the patient’s) chart on a daily basis.

Steps that you and your family can take to help protect you from injury include:

- Use your call light to ask for assistance. Please be patient. Stay lying or sitting while waiting; staff will be there shortly. Do not walk or stand without help.

- Wear non-skid footwear when out of bed; floors can be slippery.

- Objects such as IV poles or bedside tables SHOULD NOT be used as support while walking or standing. This equipment is not meant to support you.

- Let staff or family help you on and off the toilet. Please do not attend the toilet by yourself. Falls may occur in the bathrooms, particularly as a consequence of a seizure.

- Family is encouraged to stay with you if necessary. Family members: alert the nurse when leaving the patient alone.

- Remember to keep your call light and other personal items (phone, tissue, glasses, over bed table, etc.) close and within reach while lying or sitting in bed or chair.

It is important that everyone, including patients, staff, families and friends help prevent hospital falls. Thank you for your help.

I understand that I am at risk of fall or injury, and my plan of care has been discussed with me. I will do my best to follow these guidelines to protect my safety.

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<th>Patient/Caregiver Signature</th>
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<th>Staff Signature</th>
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