

Potential Hazards

- Throw rugs, loose carpets
- Electrical cords
- Door sills
- Slippery floors, shower stalls or baths
- Pets that get under foot
- Uneven, cracked pavement
- Snow or ice on sidewalks or steps
- Unsafe stair design
- Lack of rest areas
- Low couches, toilets, chairs

Building strength and improving balance is key to maintaining our functional independence, and to keep living a more healthy and happy life as we age!

We are striving to reduce the number of falls and fall-related injuries by identifying risks and working with you to help you to reduce your risks.

Your health and safety are important to us.

Together we will reduce your risk of falls and fall related injuries.



Fall and Injury Prevention

IH Renal Services

Keeping active, improving strength and balance can help to prevent falls and reduce injuries!



Fall Facts

- People who have chronic kidney disease have an increased risk of both falls and fall-related injuries.
- Chronic kidney disease can weaken your bones and increases the risk of hip fractures and other types of fractures due to falls.
- Dialysis and some of the medications that you take for chronic kidney disease can cause you to feel dizzy or unsteady.
- Bone breakdown can be monitored by blood tests and controlled with certain medication and diet.
- Regular physical activity can help to prevent falls, especially when it includes exercises and movements that improve balance (and can help to prevent a serious injury if you do fall).

Are You At Risk?

- Chronic health conditions such as kidney disease, diabetes, Parkinson's disease, arthritis
- Other health conditions such as depression, stroke, dementia
- Low activity level
- Vision problems
- Weakness in body and legs
- History of falling
- Balance problems, or difficulty walking
- Poor fitting footwear or those with slippery soles
- Urgent need to go to the bathroom
- Taking more than four medications daily
- Taking medications that cause drowsiness or a drop in blood pressure
- Confusion
- Recent illness
- Age 80 or older

What Can You Do?

- Move more sit less!
- Do exercises that build strength, and improve posture & balance (to help reduce falls, and serious injury if you do fall)
- Clear clutter and tripping hazards from floors
- Use nightlights in the bathroom & hallways
- Wear well-fitting footwear (rubber soles and lace-up shoes are best)
- Use hip-protectors, non-slip socks, wheelchairs, prosthetics or walking aids as prescribed by your healthcare team
- Have your vision checked every year and maintain eyeglasses
- Ask your kidney doctor/nurse/pharmacist to review your medications (even the over the counter & herbal ones)
- **Report all falls to your Renal Nurse or healthcare team**