You are a 72 year old resident recently admitted to a residential care facility. Yesterday your doctor started you on a water tablet (Lasix) to help get rid of extra fluid. You have your fluid tablet at 6am each day. The fluid tablets make you pass urine regularly and you need to go to the toilet in a hurry. It is hard for you to hurry in the morning because you are stiff due to arthritis. Yesterday after the nurse gave you your tablet you had to rush to the toilet and you didn’t make it. You are feeling low about what happened yesterday, and are anxious this will happen again.

Its 6am and you are desperate to go to the toilet again. You have rung for the nurses to help you because you are frightened you may fall. You have had falls in the past that has left you feeling apprehensive, anxious and cautious. This is why the nurses had a bed rail up.

The nurses don’t arrive and you are desperate. You cannot hear if anyone is on the way, so you have a go, after all you cannot rely on people all the time.

It’s still dark and you can’t find your glasses. Without your glasses your vision is blurred. You try to climb over the bed rail, and, as this is too difficult, you mobilise to the end of the bed and squeeze through the end.

What is important to consider in this situation:

1. ________________________________________
2. ________________________________________
3. ________________________________________
4. ________________________________________
Answers:

Anticipate needs - Lasix – Toilet

History of fear, anxiety related to previous fall – assess initially, anticipate need for help.

Sensory deficits will add to anxiety levels in trying to maintain independence – referral and assessment required

Adaptation of environment – bed rails, call bell and glasses in reach,