



Keeping Our Patients Safe

It's National Physiotherapy Month and this year's theme is Healthy Aging.

At CPDMH, we have an amazing physiotherapy team that is helping to change lives every day. The team provides more than 5,300 treatments each year and is also involved in a cardiac rehab program, specialized shoulder and knee classes, community programs and diabetes education.

The team also works with patients to help prevent falls by improving strength, balance, coordination and flexibility.

In fact, the entire CPDMH care team is focused reducing falls. Falls are a major cause of injury in hospitals and homes every year. Several strategies have been put in place to help including new assessment tools, bed alarms and pictograms to identify the amount of assistance each patient needs. These changes are making a difference.

During your stay at CPDMH, please help us by:

- Using the call bell to ring for assistance to get out of bed
- Ensuring that your night clothes are not too long
- Wearing your eyeglasses and/or hearing aids when awake
- Using only a walker or cane for support. Do not lean on the bedside table, IV pole or other items to steady yourself.

The entire team at CPDMH wants to keep you safe!