

Falls prevention

Information for in-patients

Introduction

All patients admitted to hospital are assessed for their risk of falling. You have been given this leaflet because a Falls Prevention Risk assessment has shown us that you may be at risk of having a fall. There are steps you can take to help prevent a possible fall whilst you are in hospital. These are explained in this leaflet.

Our aim is to help you keep as active and as independent as possible whilst in hospital.

Reasons why you may be at risk of having a fall

- You have had a fall before
- You have difficulty with your walking, balance or you have muscle weakness
- You or your relatives feel worried about you falling
- You have a problem with your eyesight
- You are unwell
- You are over 50 years old.

Who will be involved in your falls prevention care?

- As well as nursing staff and doctors, physiotherapists, occupational therapists and pharmacists may be involved in your care. Your risk factors and an action plan to help prevent you from falling, will be discussed with you
- You may have a magnetic sticker above your bed to let the team know that you may need some help.

What you can do to stop yourself from falling

- Wear safe footwear – this should be non-slip and fit well
- If you do not have your own footwear with you, please wear the non-slip socks given to you until your own footwear can be brought into hospital

Reference No.

GHPI0927_08_16

Department

Physiotherapy

Review due

August 2019

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- If you have been given a walking aid, please use it
- Use your call bell to ask for assistance if you need it
- Keep the area beside your bed tidy and free from any items you may trip over
- If you notice any spills or hazards please tell a member of staff as soon as you can
- If you feel dizzy or unwell, call for assistance straight away
- Keep hydrated by drinking plenty
- Eat regularly and chose healthy snacks
- Wear your glasses.

What can I do to help my recovery?

- Get dressed and try to sit out of bed
- Try to keep occupied – try reading, doing puzzles, or listen to music
- If you are able, walk to the toilet. Please use your walking aid and ask for assistance if you need it
- Do some regular physical activity – at least every hour, as sitting for long periods slows down recovery.

Here are some exercises that you can try several times a day:

If you can stand safely (hold your frame or chair if necessary)

- Practice standing up



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- Heel and toes raises



- Slow marching on the spot



- Mini knee bends



If you are unable to stand safely by yourself

- Knee and foot raise and stretch



**Patient
Information**

- Foot up, toes up



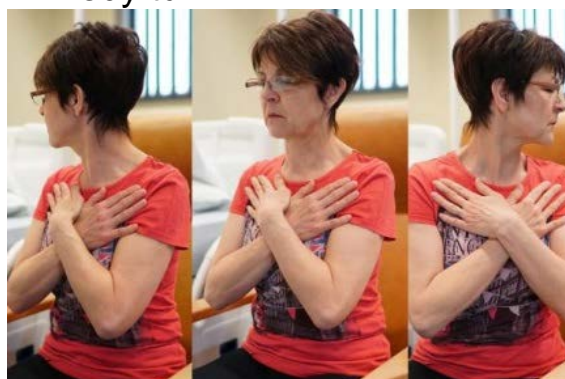
- Arm raises



- Heel and toes raises



- Body turn



**Patient
Information**

- Back of leg stretch



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