





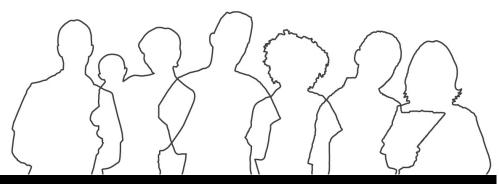
Content reviewed: July 2022

# Preventing falls during your stay in hospital

cheltenham and gloucester hospitals charity at the heart of our community Reg. Charity No. 1051606

Help provide extra care & equipment on the ward of your choice by sending a donation payable to 'Chelt & Glos Hospitals Charity' to the Charity Office, Cheltenham General Hospital, GL53 7AN **Tel: 0300 422 3231** www.gloshospitals.nhs.uk/charity

> GHPI0927\_07\_22 Department: Falls Prevention Review due: July 2022 www.gloshospitals.nhs.uk



#### **BEST CARE FOR EVERYONE**

### Introduction

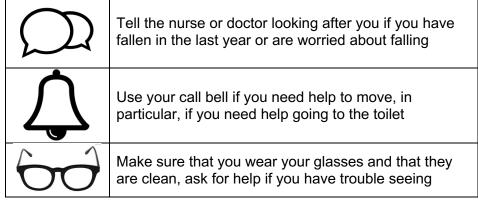
This leaflet gives you information about how to reduce your risk of falling during your stay in hospital.

Our aim is to help you keep as active and as independent as possible while 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 have spent a long time in bed, not moving
- 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

## What you can do to stop yourself from falling



#### If you are unable to stand safely by yourself:

• Straighten and bend your knee, pointing your toes towards the ceiling



• Arm raises



• Slow marching on the spot



• Mini knee bends



	Moving around while you are in hospital is important in keeping you active and maintaining your independence
	Please see the simple exercises at the end of this leaflet that you can practice during your stay
	When getting up from the bed:
	<ul> <li>Point and release your feet while you are in bed</li> </ul>
	<ul> <li>Sit upright for a few moments on the edge of your bed before standing</li> </ul>
	<ul> <li>Get up slowly, making sure you feel steady before walking</li> </ul>
	If you feel dizzy or lightheaded or unwell in any way when you stand up – <b>STOP, SIT DOWN</b> and <b>let the ward staff know</b>
	Drink regularly and eat well
	Please ask your relatives to bring in your normal footwear
	Make sure your shoes or slippers fit well, grip well and cannot fall off
	If you don't have any suitable footwear, the ward can supply alternatives
$\mathbf{\cap}$	Use your walking aid, keep it close by and check for wear and tear on the rubber feet. Never lean on

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ake sure that you have your personal belongings ithin easy reach and your bed space is kept clear of nnecessary items

ake care in the bathroom and toilet. Ask for help if ou need assistance

## What can I do to help my recovery?

- Get dressed in your own clothes and try to sit out of bed
- Try to keep occupied with something you enjoy doing such as reading, doing puzzles or listening to music
- If you are able to walk to the toilet. Please use your walking aid and ask for assistance if you need it

### Exercises

On the following pages are some exercises that you can try several times a day. These exercises aim to keep you active, maintain your independence and reduce the risk of you falling.

Start gradually, aiming to do as many as you can within 30 seconds. You can vary the exercise throughout the day, you do not have to do them all at once.

If you can stand safely on your own or with help: If necessary, hold on to your frame, chair or bed for support:

• Stand up, then sit down slowly. If possible, try not to use your hands.



• Heel and toes raises

