

**Patient
Information**

Preventing falls

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 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

	<p>Tell the nurse or doctor looking after you if you have fallen in the last year or are worried about falling</p>
	<p>Use your call bell if you need help to move, in particular, if you need help going to the toilet</p>
	<p>Make sure your glasses are clean and used as prescribed, ask for help if you have trouble seeing</p>
	<p>Do some simple exercises before getting up from you bed or chair:</p> <ul style="list-style-type: none"> • point you toes and release a few times • tighten the muscles in your calves and then release them • move your legs up and down if you can, to get the circulation going

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Falls Prevention

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	<p>When getting up:</p> <ul style="list-style-type: none"> • Sit upright for a few moments on the edge of your bed before standing • Get up slowly and making sure you feel steady before walking
	<p>Use your walking aid, keep it close by and check for wear and tear on the rubber feet. Never lean on hospital furniture as it is often on wheels</p>
	<p>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 non-slip socks</p>
	<p>Drink regularly and eat well</p>
	<p>If you feel dizzy – stop, sit down and let the ward staff know</p>
	<p>Be familiar with your bedside environment. Ask for clutter to be moved if your path isn't clear</p>
	<p>Take care in the bathroom and toilet. Ask for help if you need assistance</p>

What can I do to help my recovery?

- Get dressed and try to sit out of bed
- Try to keep occupied by reading, doing puzzles or listening 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 – stand up **at least** once every hour, as sitting for long periods slows down recovery.

**Patient
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Here are some exercises that you can try several times a day. These exercises will help keep you active and able and reduce the risk of you falling.

Start gradually and aim for 10 of each exercise.

If you can stand safely on your own or with help:

Hold your frame or chair for support if necessary:

- Stand up, then sit down slowly. Try not to use your hands.



- Heel and toes raises



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- Slow marching on the spot



- Mini knee bends



If you are unable to stand safely by yourself:

- Toes up, foot up



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- Arm raises



- Heel and toes raises



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