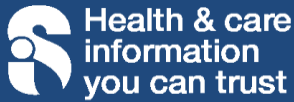


Falls Prevention Patient Information



The Information Standard

Certified Member

Information

If you need this information in large print, easy read, on audiotape or in another language please call 0800 7838058 or e-mail pals@dchft.nhs.uk

If you wish to obtain a list of the sources used to develop this information leaflet please call 0800 7838058 or e-mail patient.info@dchft.nhs.uk

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Falls Prevention in Hospital Advice for patients and relatives

Dorset County Hospital NHS Foundation Trust is working to reduce the number of falls that occur in hospital.

They may happen for several reasons, including general weakness, new medication, sudden changes in health leading to admission, confusion and disorientation.

This leaflet has been developed to let you know what we are doing to reduce falls, and what you can do to help.

What we are doing

We have introduced a number of measures, in line with national guidance, to reduce the number of falls. These include:

- Assessing whether a patient is felt to be at risk of falls
- Addressing known risk factors that can lead to falls
- Ensuring that the patient has an appropriate walking aid
- Regular staff training programmes to raise awareness
- Ensuring that the environment is as safe as possible
- Responding to hazards brought to our attention

How you can help – advice for patients:

- Use the call bell for assistance if you feel weak or dizzy
- Wear non-slip, well fitting shoes or slippers. Slippers can be bought at the League of Friends shop by the main entrance
- Use the walking aid given to you by your physiotherapist. If you use one at home, ask for it to be brought in
- Get up from your chair and bed slowly to let your blood pressure adjust
- Do not use hospital furniture e.g. bed tables, to help you get up

Please turn over:

How you can help – advice for relatives

If you are a relative, friend or carer you can help the patients and staff by:

- Sharing information on any previous falls
- Bring in well fitting clothing and supportive shoes
- Bring in any walking aids, spectacles and hearing aids that may have been left at home
- Let staff know of any spills, trailing wires or obstacles
- Take unnecessary bags etc home
- Place the nurse call bell within reach as you leave
- Make staff aware if the patient has sight, hearing or memory problems

Some patients will still fall even when we do all of the things mentioned in this leaflet. We are unable to prevent all falls, but we do want to work with you to reduce the number of patient falls.

Further Information

If you would like further information, these contacts may be useful:

Age Concern: www.ageconcern.org.uk

Help the Aged: www.helptheaged.org.uk