

Patient information

Preventing falls in hospitals: What can I do?

Introduction

We hope this guide will answer your questions about preventing falls in hospitals.

Just like in general life, it is not possible to prevent all falls in hospital. However, we can work together to reduce the chances of this happening.

Research has shown that when staff such as doctors, nurses and therapists work together, they can reduce falls by 20-30%. You and your family can also help by being aware of the risks and the actions you can take, as well as talking to the people looking after you about falls prevention.



Tell the nurse or doctor looking after you if you have fallen in the last year, are worried about falling, or have a history of falls.



Use your call bell if you need help to move, in particular, if you need help going to the toilet.

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Take care in the bathroom and toilet. Ask for help if you need help.



Make sure that your shoes or slippers fit well, grip well and cannot fall off.



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 often has wheels.



Be familiar with your bedside environment. Ask for clutter to be moved if your path isn't clear.



Make sure glasses are clean and used as prescribed. Ask for help if you are having trouble seeing.



Drink regularly and eat well.



When getting up:

- Sit upright for a few moments on the edge of the bed before standing.
- Get up slowly and make sure you feel steady before walking you feel steady before walking.



Do some simple leg exercises before getting up from a bed or chair:

- Point your 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.



If you feel dizzy – stop, sit down, and let the ward staff know

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Contacting the team

If you have any further questions, please contact the nurse in charge of the ward or the ward matron.

If you would like to give feedback on your care, please contact our patient experience team on paht.pals@nhs.net or 01279 827211.

Please contact the communications team on paht.communications@nhs.net or 01279 827926 if you would like this leaflet in another language or format.