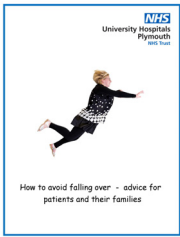




How to reduce your risk of falling :
advice for patients and their families



This leaflet is to help you know more about:



1. Things that can increase your risk of falling



2. What we do in hospital to try and prevent falls



3. What you and your family can do to reduce the risk



Falls can cause different injuries; from small cuts and bruises to broken bones.



You could lose your confidence for a while after falling and need longer in hospital to recover.



Falling can happen to anyone and are caused by lots of different reasons.





Some of the reasons why you may fall in hospital:



- You have fallen over in the past - it is important to tell your doctor or nurse this



- You have a medical condition that affects your balance or blood pressure



- You are not used to the ward you are staying on



- You need to go to the toilet a lot



- You are in pain, feel weak or have poor eye sight



- You are dehydrated (haven't drunk enough)





Reducing the risks of falls:



At University Hospitals Plymouth (Derriford) we try our best to reduce the falls of our patients.



If we think that our patient is more likely to fall - be a high risk - we may need to:



- Move their bed so staff can see them better



- Put bedrails up



- Use equipment that may help reduce the risks of falls for example: a bed that is lower to the ground



- Monitor (keep a close eye on) the patient



Advice for patients:



- Tell your nurse if you have fallen recently or are afraid of falling



- Take your time getting up; especially if you have been sitting or lying down for a while

- Use your call bell to ask someone to help you get up and move around; especially if you have been asked to get help, feel weak, dizzy or wobbly



- Wear shoes or slippers that support your feet. If you haven't got any we can give you non-slip socks



- Use any walking aids you have been given





Advice to family and friends:



- Please talk to the staff about any concerns you have of your friend or loved one falling



- Try to take bags and unnecessary personal items home so no clutter is left around the patient's bed



- When you leave make sure the call bell is near the patient so they can get help when needed



Sadly some patients may still fall whilst in our care but we are doing our best to try and stop this.



Please use this page for any notes you would like to make:



Contact the Falls Prevention Team:

You can contact the Falls Prevention Team:



By phoning: 01752 202082



Searching online:

www.plymouthhospitals.nhs.uk



This leaflet is also available in large print
and other languages



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Easy read by Independent Learning Disability Advocate

Photosymbols