

How to reduce the risk of you falling in hospital



What can you, your family or carer do to reduce the risk of you falling whilst in hospital?

1. Bring in to hospital any equipment you normally use such as a walking aid
2. If you have a walking aid, please ensure it is in good condition. Remind staff that it is your personal property and we will ensure it is labelled with your name and address
3. If you normally wear spectacles please have them with you and only wear your distance ones when walking. Take special care when using bi-focal / vari-focal glasses
4. Ensure your clothing is well fitting. Ask relatives / carers to supply you with a belt if required when wearing trousers. Foot wear should be low, non-slip and fit properly. If you wear slippers please make sure they have backs to them
5. Use the call bell provided to summon assistance and keep it within reach
6. Take care when getting up from a sitting or lying position
7. Inform staff if you feel unsteady or unwell before you begin to walk
8. If staff recommend that you walk under supervision please ask for assistance and wait until someone comes
9. Ask the nursing team to introduce you to the ward so that you are aware of the facilities you may use whilst on the ward
10. Actively look out for hazards such as spills, wet floor signs and inform staff about these hazards

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

11. Keep your fluid levels up by drinking plenty of fluids as the hospital environment tends to be warm and you can easily become dehydrated
12. If you have a fall:
Inform staff immediately. You will be examined by a senior nurse or doctor and your falls risk assessment will be recalculated. Nursing staff may move your bed to another bed space to assist in observing you more closely. The nursing staff will then take steps to identify the contributing factors that led to your fall.

Your care plan will be altered accordingly to include measures to assist in eliminating the risk of your falling again, Any changes to your care resulting from the fall will be discussed with you and your family.

During your stay in hospital you may be referred to the physiotherapist and occupational therapist for assessment.

Advice for family, relatives and carers

Please inform staff if you are concerned about your relative falling. For the safety of patients, it would help if you report any of the following problems:

- Spills on the floor
- Trailing wires / cables
- Obstacles round the bed

You can also help by:

- Remove chairs after visiting
- Take unnecessary items home to reduce clutter
- Replace bed side tables and call bells before you leave
- Ask staff to replace bed rails if they are in use

If you require any further help or advice please talk to your nurse or contact the Ward Sister or Charge Nurse for your ward.

What to think about once you leave hospital

If falls are a potential problem on discharge, you may be referred to:

The Falls Prevention Service

West Park Rehabilitation Hospital
Park Road West
Wolverhampton
West Midlands
WV1 4PW

Tel: **01902 444502**

Or a family member can refer directly to the service.

Opening hours: Monday – Friday, 8:00am – 4:30pm

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਅਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。