

If you do have a fall

- The staff will try to find out with you what caused your fall to help reduce the risk of you having another one
- You may be seen by a Doctor, and staff will talk about your falls prevention plan with you
- This may mean changes being made to your care to make you safer
- We will talk to you and your carer/family in discussion about any changes

Checklist for Carers/Relatives

Please bring in for the patient:

- Well fitting, non-slip shoes or slippers
- Usual glasses
- Usual walking aid as requested
- Hearing aid and spare batteries
- Nightwear that is above the ankle

Preventing falls is important when you go home as well.

Before you leave the hospital, the staff will talk to you about ways to reduce your risk of a fall.

You may be referred for further follow-up or services to make you safer at home.

Who can help to prevent falls at home?

- Your local Doctor
- Community Nurse
- Physiotherapist
- Occupational Therapist
- Pharmacist
- Optometrist
- Podiatrist
- Community Services

Acknowledgements:

Falls Committees Central Coast and Northern Sydney Local Health Districts, CCLHD Carer's Support

Central Coast Local Health District
Northern Sydney Local Health District

Preventing a Fall in Hospital

A guide for Patients and Carers.



Falls in hospital can lead to serious injuries

With your help we hope to make this a safer visit

Top Tips to Prevent a Fall

- Use your call bell and keep it in easy reach.
- Take your time when getting up from sitting or lying down.
- Let staff know if you feel unwell or unsteady on your feet
- If unsteady, ask for help to get out of bed, and to go to the toilet
- Do not grab onto anything unstable for support (e.g. anything on wheels)
- Wear supportive shoes/slippers – no scuffs or thongs
- Keep your walking aid within reach.
- Watch out for spills or obstacles
- Do not walk in surgical stockings or socks without shoes or safe slippers
- Nightwear should be above the ankles to avoid tripping
- Wear your glasses if you need
- Sit down to shower and use the rails to get off the chair or the toilet
- If you feel unsafe in the bathroom, remain seated and use the call bell
- **If you do have a fall – do not get up on your own. Wait for help**

Preventing falls in hospital...

Falls in hospital happen

- **Mostly** around the bed
- While getting to the toilet
- In bathrooms and toilets
- During the busy times of the day and late at night
- When you might be trying to do things for yourself rather than waiting for help

Falls Risk Checklist

During your stay in hospital the staff will complete a checklist with you or your carer to see if you are at risk of falling.

The checklist covers:

- Walking
- Medications
- History of falls
- Eyesight
- Memory and thinking problems
- Bladder and bowel habits

What does this mean?

- We will discuss ways with you and your family/carer about things you and we can do to reduce the chances of having a fall
- **Visitors** can help too by making sure that when they leave, your bedside is clear, your call bell is easy for you to reach, and any extra chairs are returned



Falls Risk Signs

- This sign or sticker means we think you are at risk of having a fall
- These alert staff, carers, family and visitors to be aware that you need help with walking and daily activities in the ward