

If you fall whilst in hospital

Despite our best efforts some patients will fall whilst they are in hospital. If you do fall the nurses and doctors will check you for signs of any injury make you comfortable and provide appropriate treatment.

Appropriate equipment may need to be used to return you to the bed/chair/trolley. This may include a mechanical 'hoist'.

With your consent we will inform your family and record the incident in your medical notes as well as recording it on our incident reporting system.

Planning for going home

- Ensure you have well-fitting footwear with you, and that your clothing will not cause you to trip
- If you continue to be at risk of falls after discharge from hospital, please ask us for more information or a leaflet
- Many of the hints and tips on the previous page may be useful at home too

**If you would like further information,
the following contacts may be
useful:**

Age UK

www.ageuk.org.uk
Tel: 0800 1696565

National Osteoporosis Society

www.nos.org.uk
Tel: 0845 4500230

**This leaflet is available in large print
and other formats and languages.
Please contact Patient Services
Tel: 01752 763031**

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Helping you to avoid a fall whilst in hospital

Information for Patients and Relatives

Derriford Hospital
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www.plymouthhospitals.nhs.uk

Falls in Hospital

We've written this booklet to explain what we do to help you avoid a fall and what you and your family/carer(s) can do to help.

What can we do to help?

We aim to minimise the risk of falls during your hospital admission by:-

- Assessing each patient's risk of falling, and delivering care to manage the risk(s) identified
- Risk assessing patients as part of the admission procedure and updating the assessment regularly especially if there should be a fall
- Working together with patients and their carers to promote safety
- Giving advice in a simple, practical way
- Responding quickly to hazards brought to our attention
- Ensuring that the hospital environment is as safe as possible

As a ward we may feel it best to:

- Move your bed position within the ward
- Use a special bed that lowers to the floor
- Use the safety sides on the bed
- The medical staff will review your medication

How you can help yourself?

Some of the following may help you to reduce the risk of falling:-

- Make sure that you have any walking aids with you in hospital and that you have your hearing aid or spectacles to hand if you need them
- Keep everything you need within easy reach and leave the call bell where you can reach it
- Avoid stretching or bending to reach things
- Remember that blood pressure falls as you stand up and in older people the body may take longer to adjust
- Be honest with the nurses when you feel anxious about moving
- Use the nurse call bell to ask for help to move around the ward if you feel weak or dizzy
- Be careful when standing up or getting out of bed
- Do not use hospital bed tables to help you stand up
- Wear lightweight shoes or well fitting slippers when moving around the ward
- Use your walking aid when you are moving around
- Take your time when moving
- Listen to the advice given to you by the therapy team or nurses

How your relatives and/or carers can help

- Sharing any information you may have on previous falls the patient has had
- Avoid moving furniture when you visit and put your chairs away
- Try to take any bags away as you leave
- Ensure the patient realises you are leaving
- Place the nurse call bell near the patient as you leave
- Bring in well fitting clothing and lightweight footwear for the patient to wear
- Bring in any walking aids, which may have been left at home, as well as items such as glasses / spectacles and dentures
- Report to staff any spills of liquid on the floor