

# Reduce Your Risk of Falling in Hospital

Information for patients, relatives and carers

This leaflet contains advice and information to help us to reduce your risk of falling

① For more information, please contact:

The department or ward where  
you have been receiving treatment

If you do not have a direct number  
please phone 01904 631313  
and ask for the department or ward

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We want to make your stay in hospital as safe as possible but we need your help.

## **Who is at risk of falling?**

### **You are more likely to have a fall if you;**

- get dizzy or light headed when you stand or turn
- have difficulty walking or getting up from a low chair or bed
- have poor balance
- have fallen before
- take four or more medicines
- have a fear of falling
- suffer from depression or memory problems
- have poor eye-sight or hearing
- try to walk around a cluttered or dimly lit area or uneven surface

## **As a patient, you can help to reduce your risk of falling by following this advice:**

- if you have a walking aid, use it when you are moving around
- ensure you wear your hearing aid or spectacles if you need them
- keep the nurse call bell where you can reach it and use it if you need assistance to move
- keep everything you need within easy reach
- avoid stretching or bending to reach things
- wear non-slip well fitting slippers or light weight shoes
- do not use the bed tables to help you stand up or to walk around
- get up slowly from the bed or chair. Remember that your blood pressure falls as you stand and it may take longer for your body to adjust causing you to feel dizzy
- do not walk alone if you are advised that you need assistance when walking

- drink plenty of fluids (preferably water) to keep hydrated unless advised otherwise by your doctor or nurse
- be honest with the nurses or doctors if you feel anxious about moving around or falling
- if any medication you are taking makes you feel unwell, light headed or dizzy, please tell the nurse or doctor.

## **If you are a relative, carer or friend, you can help by doing the following:**

- when you visit, please put your chair away before leaving
- make sure that the patient realises that you are leaving
- make sure the nurse call bell is near the patient as you leave
- if possible, ensure the patient has lightweight non-slip footwear (slippers or shoes) and well fitting clothing
- bring in spectacles / dentures / hearing aids and all medication
- if you are aware that your relative or friend has fallen in the past before being admitted to hospital, please inform the nursing staff
- let us know if you have any concerns.

## **If you are at risk of falling we may:**

- review your medications as some combinations of medicines can cause drowsiness, dizziness, weakness and affect your balance
- check your footwear and offer advice on suitable alternatives
- regularly check and offer you assistance to the toilet
- provide you with a very low bed
- move your bed to an area where we can easily observe you
- use safety rails on the bed
- discuss with you whether you use any aid at home to walk with

## **If you fall whilst in hospital**

Some patients will still fall even when advice is followed and when we have tried to do the things mentioned in this leaflet. If you do fall then the nurses and doctor will quickly check you for signs of injury and give you treatment if necessary.

Following a fall, you will be re-assessed for and we may advise you of additional actions to keep you safe, as with all of these actions we need your cooperation.

Please advise the doctor or nurses if you have any concerns.



## References and further information

NHS Choices: [www.nhs.uk](http://www.nhs.uk)

Age UK have produced a range of free advice leaflets for older people.

For more information or contact Age UK on: 0800 169 6565 or visit [www.ageuk.org.uk](http://www.ageuk.org.uk).

## **Tell us what you think**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact Bernadette Eivers, Head of Patient Safety, The York Hospital, Wigginton Road, York, YO31 8HE or telephone 01904 725133.

## **Teaching, Training and Research**

Our Trust is committed to teaching, training and research to support the development of staff and improve health and healthcare in our community. Staff or students in training may attend consultations for this purpose. You can opt-out if you do not want trainees to attend. Staff may also ask you to be involved in our research.

## **Patient Advice and Liaison Service (PALS)**

Patients, relatives and carers sometimes need to turn to someone for help, advice or support. Our PALS team is here for you.

PALS can be contacted on 01904 726262, or via email at [pals@york.nhs.uk](mailto:pals@york.nhs.uk)

An answer phone is available out of hours.



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Please telephone or email if you require this information in a different language or format

如果你要求本資訊是以不同的語言或版式提供，請致電或寫電郵

Jeżeli niniejsze informacje potrzebne są w innym języku lub formie, należy zadzwonić lub wysłać wiadomość e-mail

Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz



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Electronic

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