Falls prevention in hospital

Patient information sheet

We want to help keep you safe during your stay in hospital. Sometimes falls can still happen because of health conditions, treatments or feeling unwell, but there are simple things we can do together to reduce the risk.

Please tell us if any of these apply to you:
(This information helps us plan the safest care for you)

- You normally need help to walk, stand or move around.
- You use a walking aid such as a stick or frame.
- You have a condition that affects your balance or movement (eg Parkinson's, diabetes, nerve or joint problems).
- You have fallen or nearly fallen in the past year.
- You wear glasses or hearing aids, or have trouble seeing or hearing.
- You sometimes feel dizzy, weak or unsteady.

Simple ways to stay safe in hospital:

- Keep the things you need (call bell, water, phone) close to your bed.
- Call the nursing staff if you need help - please don't struggle alone.
- Avoid bringing extra items that may clutter your space.
- Take your time when standing up.
- Tell us straight away if you feel dizzy or unsteady.
- If you need the toilet urgently or have continence issues, please let us know so we can support you.
- Your medicines will be checked regularly, as some can increase the risk of falls.

Moving around safely

- You may be assessed by a physiotherapist or occupational therapist - please follow their advice.
- Sit on the edge of the bed for a few moments before standing to steady yourself.
- If you have been told not to get up without help, please call a nurse before moving.
- Do not use wheelchairs, tables or furniture as walking aids - they can tip or move suddenly.
- Switch on lights if you need to and report any spills, wires or hazards.
- Be aware of any tubes, drains or cables attached to you - they can be a trip risk.

What to bring with you

- Your walking aids (labelled with your name)
- Your glasses or hearing aids (and any spare batteries)
- Comfortable sleepwear and well fitting slippers with backs and non slip soles.
- Something to read or do - there is a TV in your room.

If you have any concerns with the information in this leaflet please speak to the nurse looking after you.

Author ID: Falls prevention co-ordinator
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Printed: May 2026
Review date: May 2028
Version: 4
Leaflet number: PI 193

Compassion Excellence Collaboration

Large print copies and alternative language versions of this leaflet can be made available on request.

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