

Falls prevention in hospital

Patient information sheet

Patients at Royal Papworth may be at high risk of falling because of the complex nature of their pre-existing conditions and the effects of any of the treatments, procedures, or surgery they undergo while in hospital.

We will do all we can to minimise the risk of falls, but value the opportunity to work together with patients, their families and carers to reduce risk.

Due to the unpredictability of falls, not all incidents can be prevented; we will assess each patient in order to identify risk factors that may lead to a fall, however, there are some things you can do to help.

How can you reduce the likelihood of falling while in hospital?

(Please note that the following recommendations are designed to help you stay safe)

- At pre-admission clinic, or on admission to the hospital, let the nurse know if you are normally independently mobile, or if you require mobility aids or assistance.
- Tell the nurse about any existing medical conditions such as Parkinson's disease or diabetes.

- Let the nurse know if you usually have help at home - either from family or carers.
- Inform the nurse of any falls you have had over the last year and what caused these; this will help us to identify any further assistance or assessments you may need while in hospital.

Items to bring with you

- Any walking aids, clearly marked with your name.
- Your glasses and hearing aids (with batteries), if you use these.
- Appropriate night wear and a pair of well-fitting slippers with backs and non-slip soles.

When in hospital, please keep everything within easy reach and do not hesitate to call for help from the nursing staff if you are struggling. Do not bring any unnecessary equipment in case it gets mislaid or causes the bed area to become cluttered and hazardous.

Be prepared to have a physiotherapy or occupational therapy assessment and to participate with the therapists and follow their advice while in hospital.

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

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You may be given mobility aids to assist you while in hospital or on discharge, and will be required to use them while in hospital if they are found to be necessary.

Advice on moving around whilst in hospital

Sit upright for a few moments at the edge of your bed to find your balance before getting up; it is not unusual to require assistance when getting up or moving about whilst in hospital, so please do not hesitate to speak to the nursing staff if you are worried.

If you are feeling weak, unsteady, dizzy or anxious about moving or getting out of bed, please call for assistance from the nurses.

We are committed to keeping you safe, if the staff have advised you not to move without the assistance of a member of staff, please be patient and do not try to move without assistance.

Do not use wheelchairs, bed tables, or any other equipment to help you move around as the items are not designed for this and could cause accidents.

If you suffer from continence problems and have to go to the toilet urgently, please tell us; certain medications that you may be prescribed in hospital can make continence problems worse but we will ensure that your medications are reviewed regularly.

Switch on lights if you need to and report any spillages or trailing wires or cables that you think may present a hazard while in hospital.

While we know some falls cannot be prevented, we are committed to ensuring that your care is tailored to help prevent falls.

Please be aware that you may have a number of attachments such as drains and cables that could be a trip hazard.

Please discuss any concerns you have with the nurses or falls prevention co-ordinator on **01223 638530**

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