

Your friends and family can also help by:

- Replacing chairs and tables moved during their visit and leaving the bed space tidy.
- Ensuring your call bell and personal belongings are left within easy reach.
- Bringing in any aids you use at home, such as walking sticks, hearing aids and glasses.
- Bringing in appropriate footwear and clothing for you to wear.
- Bringing in toiletries and continence products used at home.
- If your relative requires assistance please approach the ward staff, their level of need may have changed.
- If your relative is experiencing any confusion or disorientation let the nursing staff know when you are leaving.
- Inform the nursing staff if your relative has experienced falls at home and of any interventions in place at home.

If you or your family have any particular concerns or helpful suggestions about improving your safety please speak to the nursing staff.

If you fall in hospital

Despite our best efforts some patients may fall whilst they are in hospital. If a fall happens, the nurses and doctors will check for signs of any injury and will ensure the appropriate treatment is provided.

An incident form and a falls risk assessment will be completed by the ward staff and the falls prevention care plan will be reviewed.

A member of staff will inform your relative about the incident as soon as possible.

Thank you for reading this leaflet.

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Watch your step !



Advice on how you can reduce your risk of falling whilst in hospital

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Falls are the most commonly reported accident in hospital.

There are many factors that can contribute to the risk of falling:

- Your surroundings are not familiar.
- You may be feeling unwell due to a new or longstanding illness.
- You may be experiencing side effects from your treatment or medication.
- You may have a history of falls or have a fear of falling.
- You may have no well-fitting footwear or your own clothing in hospital.
- If you are 65 years of age or older the risk of falling increases.
- You may be experiencing confusion or agitation.
- You may have problems with your eyesight or hearing.
- You may have continence issues or feel an urge or frequency to go to the toilet.
- You may have reduced mobility, muscle weakness or your movement is restricted by tubing.

How can you protect yourself from falling ?

- Ensure you use your call bell to get help, our staff are here to help.
- Get out of your bed and up from the chair slowly.
- Wear well-fitting footwear or the red anti-slip socks provided by the ward.
- Keep everything you need within easy reach.
- Use your walking aids from home or those provided by the therapy team.
- Use your night light.
- Report any spillages or hazards around your bed.
- Make sure you drink plenty of fluids, if no medical restrictions apply, and eat regularly throughout the day.
- Do not use hospital furniture for support as it may not be stable.
- Inform ward staff if you have any concerns about continence.
- Inform ward staff if you have any anxieties or fears of falling.

To try and keep you safe from falling, staff will:

- Assess your risk of falling and the use of bedrails on admission to hospital and every 7 days thereafter.
- Ensure all patients at risk of falls are indicated on the ward name board and above the patient's bed for all staff to see.
- Devise an individualised falls prevention care plan with your input.
- Provide all patients 65 years of age and over with red anti-slip socks.
- Provide additional measures if assessed as appropriate, such as moving your bed to a more visible position, using a low hospital bed, using movement monitoring equipment or implementing continuous supervision from ward staff.
- Ensure that the environment is kept clutter free and as safe as possible.
- Doctors and the ward Pharmacist will undertake a review of your medication.