



If you require a special edition of this leaflet

This leaflet is available in large print. Arrangements can also be made on request for it to be explained in your preferred language. Please contact the Patient Advice and Liaison Service (PALS) email: pals.office@rjah.nhs.uk

Feedback

Tell us what you think of our patient information leaflet. Please send your comments to the Patient Advice and Liaison Service (PALS) email: pals.office@rjah.nhs.uk

Author: Shropshire County Falls Prevention Service / Rosy Davidson - Fall Lead
Date of publication: June 2016
Date of review: June 2018
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Hospital Stop Smoking Service

For advice and information on quitting smoking, or for an informal chat, please contact the Hospital Stop Smoking Sister on:
01691 404114

Information for patients

Falls Prevention in Hospital



The Robert Jones and Agnes Hunt
Orthopaedic Hospital NHS Foundation Trust,
Oswestry, Shropshire SY10 7AG
Tel: 01691 404000
www.rjah.nhs.uk

Adults of all ages fall. People become more vulnerable to falling as they grow older and also increasingly more vulnerable to injury. Unfortunately when you are unwell or feeling weaker following a period of bed rest - the risk of having a fall increases. While you are in hospital we will work with you to reduce this risk as much as possible. It is very important that you and your family / carers talk to ward staff about any concerns or questions you may have.

Remember – falls are not an inevitable part of growing older.

What we will do

- Ask you if you have had a fall in the last 12 months, if you feel unsteady or are fearful of falling.
- Make sure that you are aware of the ward lay-out, toilet, day room, etc.
- Make sure that you have a call bell, drinks and personal items easily accessible.
- Ensure that furniture is safe and suitable for your needs.
- Assess your needs on admission and identify any risk factors that may contribute towards you having a fall.
- With your agreement, develop an individual care plan which will reflect any problems highlighted at your assessment and will be adapted as your condition changes.
- Sometimes it may be necessary to use bed rails or a special low bed and mattress to ensure your safety. This precaution will be discussed with you, and your family will be informed of the decision if you consent for us to do so.

What you and your family/carer can do

- Tell us if you have had a previous fall or if you lack confidence when moving about.
- Use the call bell to alert staff if you need assistance, you feel unsafe to transfer or walk alone or if a member of staff has recommended that you should do so. Staff will attend to your call as soon as possible.
- Report to staff if you feel light headed or dizzy on standing.

- Inform staff if you have any changes in bladder or bowel habit.
- Bring in footwear that is flat, supportive, has an enclosed heel and has a non-slip sole.
- Bring in clothing that is neither too long nor too loose as this may be a potential trip hazard.
- Ensure that you have your glasses, hearing aid and dentures with you if normally worn.
- Bring in your usual walking aid at the earliest opportunity. Staff may then check that it is the correct height for you and in good working order. Staff may recommend an alternative walking aid that better suits your needs during your hospital stay.

What visitors can do

- Take home any unnecessary items to keep the bedside free from clutter.
- Visitors should return chairs to their original site and make sure the call bell is within reach before leaving.
- Visitors should ensure that the patient knows they are leaving and inform ward staff as necessary.

The Trust takes patient safety and the reduction of falls very seriously. Members of staff involved in your care will have received training in falls prevention and management in order to make your stay in hospital as safe as possible.

Unfortunately, however, some patients will still fall whilst in hospital even though every attempt has been made to prevent this.

However, with your help, we will continue to make every effort to minimize the risk and endeavour to make your stay a safe and positive experience.