

WHAT YOU SHOULD DO

- Inform nurse if there is history of fall.



- Ensure bed in low position and both bed rails are raised.



- Get help when getting out of bed.



- Ensure floor is not slippery and passage is clear.



- Wear suitable, non-slip footwear.



SeeK help immediately from nurse if you need assistance.

Arrange personal items so they are easy to be reached.

Fall complications are explained to you.

Ensure to avoid factors that may cause fall.



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PREVENTING PATIENT FALLS IN THE HOSPITAL



PURPOSE

- ♦ To assess the risk of patient falls.
- ♦ To maintain patient safety.
- ♦ To prevent patient injuries.



IMPORTANT FACTS ABOUT FALLS

- ♦ 1 in 3 adults aged > 65 years experiences a fall every year.
- ♦ The most common injuries caused by falls are hip fractures and head injuries.
- ♦ Fractures and injuries can cause reduced mobility, increased medical costs, prolonged hospital stay, and **DEATH**.
- ♦ **FALL CAN BE PREVENTED!**

FACTORS THAT MAY CAUSE FALL

- Inform nurse if you have a **HISTORY OF FALL**.
- **PAIN** and **INFECTIONS** may cause weakness and loss of balance while walking.
- Some **MEDICATIONS** can make you feel **DROWSY**.
- Inform nurse if you are experiencing **PAIN**.
CALL FOR ASSISTANCE.
- You may feel unfamiliar with changes in your surroundings.
CALL THE NURSE if you want to go to **TOILET** and **MOVE** around.

Falls prevention

