

Falls Prevention

Avoiding dizziness:

Take your time to slowly get up from lying to sitting, and then sitting to standing

If you are allowed:

- drink plenty of fluid such as water
- keep your feet moving while you are sitting
- sit out of bed to let your body get used to being upright
- if you spend long periods of time in bed, raise the headrest and knee support to put you in a more seated position, rather than lying flat. Change positions often.

If you do fall, keep calm and call for help.

Preventing falls will help you stay as independent as possible.

Falls Prevention

Reference: SA Fall and Fall Prevention Fact Sheet 5 www.sahealth.sa.gov.au

The information contained within this publication is a guide only. Readers should seek and follow the medical advice provided by their own doctor.

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Falls Prevention in St Andrew's Hospital



Hospitals are unfamiliar places and this can be a challenge when you are also unwell or injured. When you get up you might feel dizzy or weaker and less steady than you expect. You may be at risk of falling. We want to keep you safe and avoid falls, but we need your help.

What can you do?

Bring these things to hospital:

- walking aid, glasses and hearing aid/s if you use them
- comfortable clothing that is not too long, or too loose or tight
- comfortable well fitting, flat, non-slip shoes or slippers.

During the hospital stay:

- become familiar with the surroundings
- get to know your bed controls, and how to use the call bell
- ask staff for help if you are unsure about anything
- keep the call bell, your glasses, footwear and walking aid in easy reach, and use them

- please ask staff if you think a pad , urine bottle or commode would be of assistance
- try to move around and do what you can for yourself, if allowed, so that you keep up your strength.
- plan your toileting needs rather than rushing at the last minute to the toilet
- ask the nurse to put on your night light

Walking around in hospital

Staff may ask you to have a nurse or other person with you when you get out of bed, and for walking.

Before you get up:

- please use the call bell and wait until staff come. This is important if you have been asked to call for assistance before getting up, or you feel unsteady
- put on your shoes or slippers or non- slip socks
- if wearing compression stockings please use slippers or non-slip socks to avoid slipping

- put on your distance glasses if you have them.
- If wearing bifocal or multifocal glasses, take extra care, particularly on stairs.

While getting up and walking:

- get your balance before moving away from the bed or chair
- use a walking aid for balance, rather than the furniture or walls
- watch for spills or objects in the way, and tell staff about them
- let staff know if you feel unsteady
- take your time when turning around move your feet in a circle don't pivot on the spot
- when opening bathroom doors allow room for the door to open (some may open towards you)
- please DO NOT pick items up from the floor ask the nurse for assistance
- please DO NOT rely on furniture for support it can move and result in loss of balance