

Preventing falls in hospital



Staff will assess your risk of falling and discuss the results. A falls prevention care plan will be implemented to suit your needs.

Preventing falls

In general, to help you to avoid falls while in hospital, please:

- Wear well fitted shoes when walking. Don't walk in socks, stockings or loose slippers.
- Sit on the edge of the bed for a moment when you get up, to get your balance.
- Always ring for a nurse when you get out of bed for the first time after surgery, or if you are feeling light-headed.
- Ring for the nurse to walk with you if you feel unsteady.
- Sit down to put shoes and socks on, or when drying your feet after a shower. Don't stand on only one leg at a time.
- Check that you can find your call bell before getting back into bed.
- Never leave your walking stick/frame behind, even for a short distance.
- Familiarise yourself with your room, furniture and bathroom.
- Wear comfortable clothing that is not too long or too loose.
- Always keep your fluid level up.

Further information about preventing falls

- NSW Government's Falls Prevention Information for Patients and Carers Factsheet
http://www.activeandhealthy.nsw.gov.au/assets/pdf/Hospital_Factsheet_for_Patients_and_Carers.pdf
- Australian Commission on Safety and Quality in Health Care's Falls Prevention Resources <https://www.safetyandquality.gov.au/our-work/falls-prevention/falls-prevention-resources/>

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