

NHS Forth Valley

Reducing Falls in Hospital

**Information Leaflet
for Patients, Relatives
and Friends of Patients**

A decorative graphic at the bottom of the page consisting of two overlapping, stylized blue waves. The top wave is light blue and curves upwards from the left towards the right. The bottom wave is a darker shade of blue and curves downwards from the left towards the right, meeting the top wave in the center.

Introduction

The aim of this leaflet is to give advice about the measures which can be put in place to reduce the chance of patients falling whilst in hospital.

Even if there is no injury, falls can lead to loss of confidence and independence.

Patients may remain at risk of having falls even though they are in hospital.

This leaflet aims to give us the tools to work together to reduce that risk.

Advice for patients

- Make sure the call button is within easy reach and use it if you need assistance moving around the ward.
- Wait for staff to assist you, if this has been advised.
- Take your time when rising from the chair or bed, especially if you have just woken up.
- Report any feelings of dizziness to the staff.
- Wear well fitting shoes (remember your shoe size may have changed due to swelling).
- Use your walking aid at all times.
- Use your spectacles and hearing aid if required and report any faults to staff or family members.
- Drink fluids regularly throughout the day especially if the ward is warm.
- Be aware of all floor hazards such as recently cleaned floor.
- Sit in chairs with arms. It makes it easier and safer to get up.
- Use handrails provided in toilets and showers to keep you safe.
- Inform the nursing staff of any previous falls you may have had.

Advice for relatives and friends of patients

- Bring in walking aids, spectacles and hearing aids from home.
- Bring in well fitting shoes (remember the patient's shoe size may have changed due to swelling).
- Inform the nursing staff of any previous falls the patient may have had.
- Place the call button within easy reach of the patient as you leave.
- Avoid leaving obstacles in the way of the patient such as bags, chairs etc.
- Advise staff of any fluid spills immediately.

How will the staff help?

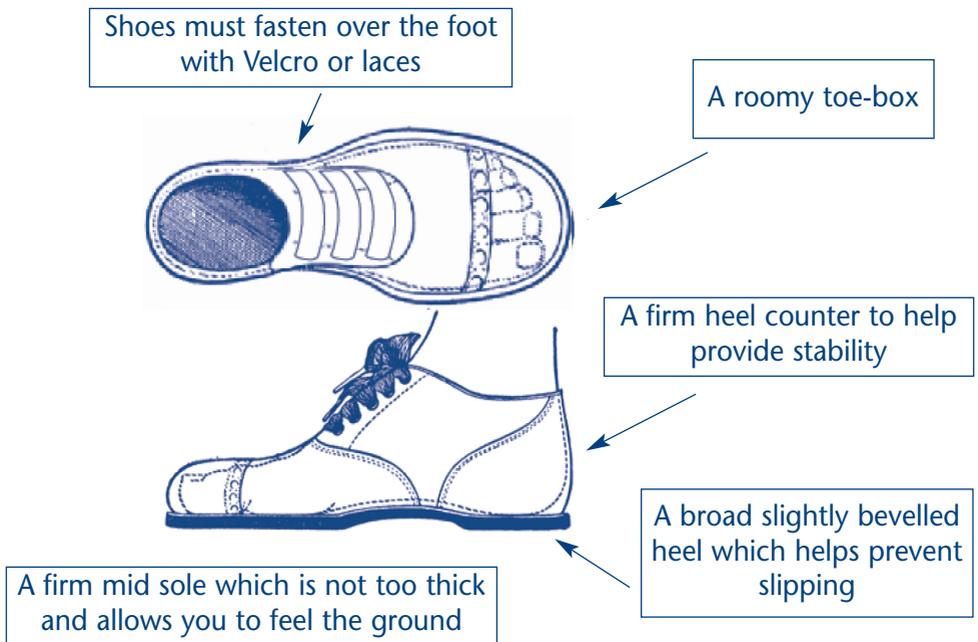
Members of staff will help by assessing the likelihood of the patient having a fall and putting measures in place to reduce this risk. This will most likely involve assessment by a physiotherapist and occupational therapist for provision of suitable aids.

Remember:

Unfortunately, even with all preventative measures in place, falls may still occur

Appropriate footwear for use in hospital

- Inappropriate footwear can increase the risk of falls
- This is a guide to let you select appropriate footwear
- If there are difficulties with providing appropriate footwear, please speak to a member of staff who may be able to provide a pair of well fitting slippers.



This diagram allows you to see the essential features of appropriate footwear.

Patient Appointments/Cancellations

If you have an enquiry about an appointment or would like to cancel it, please call 01324 566249 or email: FV-UHB.RTT@nhs.net

If you can't go let us know!

Every month around 2,000 people across Forth Valley fail to turn up for hospital appointments. This costs the NHS millions of pounds each year and increases waiting times. So if you are unable to attend or no longer require your hospital appointment please let us know so we can offer it to someone else.

We are happy to consider requests for this publication in other languages or formats such as large print. Please call 01324 590886 (24hrs), fax 01324 590867 or email FV-UHB.disabilitydepartment@nhs.net

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This includes corridors, doorways, car parks and any of our grounds. If you do smoke on NHS premises you may be liable to prosecution and a fine.



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