

**You will be asked by the doctor, nurse or therapist looking after you if you have fallen in the last year.**

**DO** tell the nurse or doctor if you:

- Feel dizzy.
- Have palpitations.
- Have pain or difficulty passing urine.
- Feel muddled or not your normal self.

**DO NOT** use hospital furniture to help you walk - most of it is on wheels and may move unexpectedly.

Please report any wet floors to a member of staff as soon as possible.

### Asking for help

**Don't be worried about asking for help or assistance.**

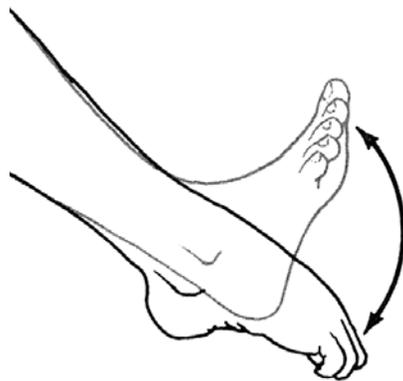
**Please ask; we are here to help.**

### What exercises can help?

Before getting up from your bed or chair do some simple leg exercises.

#### Leg exercises

- Point your toes and release a few times.
- Tighten the muscles in your calves and release them.
- Move your legs up and down or in a circular motion to get the circulation going.



Falls Steering Group, January 2018

Review due: January 2020

## Falls prevention in hospital

Information for patients,  
relatives and carers

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## **When you are unwell it is likely you may feel unsteady on your feet and there can be a greater risk of having a fall.**

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Here at the Royal Berkshire NHS Foundation Trust we take falls very seriously and make every effort to reduce falls risks within hospital.

### **What will the Trust do to reduce my risk of falls while I am in hospital?**

- The ward team will undertake an assessment of your falls risk.
- Physiotherapists and occupational therapists will discuss providing you with appropriate equipment, exercises and a falls prevention booklet.
- If you do not have any safe footwear with you, slipper socks can be provided by the nursing staff.
- Patients who are at higher risk of falls may be placed closer to the nurses' station.

- Sometimes the ward staff may advise that it would be safer for you to use bed rails to help prevent you falling from your bed. The staff will explain why this is recommended to you and your family.
- If patients are well enough, they can decide for themselves whether they would like the rails up or not.
- Staff on the ward will assess the risk, and in some cases they may not raise the bed rail. They may consider using a low bed instead.
- Low beds are used if a patient is at a high risk of falling from a standard bed height.

### **Falls alarms**

- If you are at risk of falls you will be provided with a red wrist band to alert staff on the ward so they can provide you with the help you need.
- A red square may be put on the wall behind your bed.
- Some patients at a high risk of falls may be provided with sensory alarms to alert ward staff if they are mobilising without supervision or assistance.

- If you leave the ward for any reason (e.g. for a scan or with your visitors), please inform ward staff of your return so they can reconnect your falls alarm.

### **How can I reduce my risk of falls while in hospital?**

- Always follow the advice and use the equipment provided to you by the ward team.
- Use the call bell and wait for help.
- Be careful / aware of your surroundings and any equipment that may be in your way.
- Before walking, sit upright for a few moments on the edge of your bed to get your balance before standing up.
- If you wear glasses or hearing aids make sure they are working, clean and worn as prescribed.
- Always wear your shoes or slippers when walking, and make sure they fit properly.
- Make sure you cannot trip over your clothing.