

How to Prevent a Fall (Easy Read)

Patient Information

Trauma & Orthopaedics Department



Easy Read Information



The Patient Information Leaflets page on the Trust website is available on the link:
<https://www.wvl.nhs.uk/patient-information-leaflets> or scan the QR code.

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Our Values

People at
the Heart

Listen and
Involve

Kind and
Respectful

One
Team

Please don't fall



Caution

Please remember that a fall could result in:

1. A head injury.
2. A dislocation of your new joint.
3. Your wound may open and require further attention, this may increase a risk of infection
4. A visit to the operating theatre for further surgery.
5. An increased length of stay in the hospital.

This can be prevented by following all instructions and asking for assistance from any member of staff.

How to prevent a fall

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- Please tell the nurse looking after you if you have fallen in the last year
- If you are worried about falling
- If you have a history of falls



Always use your call bell if you need help to move or mobilise to the bathroom.



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- Make sure your glasses are clean
- Ask for help if you have trouble seeing



- Follow your physiotherapy instructions
- You must not walk by yourself unless the Physiotherapist has told you to do so



- When getting up, always follow your Physiotherapist instructions
- Do not attempt to get up by yourself unless you have been told to do so

dizzy



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If you feel dizzy you must inform the ward staff

food and drink



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- Drink plenty of fluid
- Eat well



Please ask for assistance

- Your bed area should be kept tidy and clutter removed
- Items left on the floor, bags etc. are a trip hazard



- Make sure that your shoes or slippers fit well
- Grip well and cannot fall off

support going to toilet



Do not try to go to the bathroom by yourself unless your Physiotherapist has told you it is safe to do so

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Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

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Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?



How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, Braille, and other languages upon request. For more information, please ask in the department/ward.

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Call 111 first when it's less urgent than 999.



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