

How to prevent a fall

Patient Information

Trauma & Orthopaedics Department



Easy Read Information

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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.

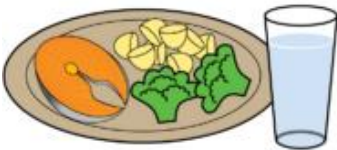
dizzy



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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



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Do not attempt to go to the bathroom by yourself unless you have been made independent by the physiotherapist.

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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 to 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 pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?



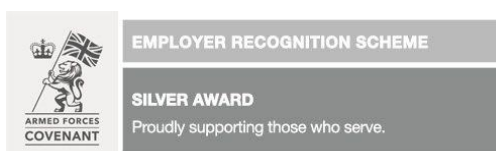
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This leaflet is also available in audio, large print, Braille and other languages upon request. For more information please ask in the department/ward.

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



Phone: 0808 802 1212
Text: 81212
www.veteransgateway.org.uk

