Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Staying Active-Avoiding slips, trips and falls whilst in hospital

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Staying Active: Avoiding Slips, Trips and Falls Whilst in Hospital

Patient Information

Falls Prevention

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Can we prevent falls?

Just like in general life, it is not possible to prevent all falls in hospital. However, we can work together to reduce the chances of this happening.

You are at greater risk of falling whilst you are unwell and in an unfamiliar environment. By following the actions outlined in this leaflet, together we can reduce your risk of being harmed by falling.

Our aim is to reduce the incidence of patient falls in the Trust by:

- Working in partnership with patients, families, and carers to promote safety.
- Offering advice in a simple and practical way.
- Providing a rapid response to hazards that are brought to our attention.

Remember

- The hospital is not as familiar to you as your home – **be careful**.
- Keep your personal items within easy reach, and your bedside clear of obstructions.
- Inform the nursing staff of any concerns you may have.

- Raise awareness of any hazards.

Our commitment to you

When you are in hospital we will do everything we can to prevent you falling.

- We will **assess** your risk of falling on admission into hospital.
- We will make you a **plan** of care, to reduce this risk.
- We will **check** with you regularly, to ensure you have everything you need.
- We will support and encourage you to get dressed and **maintain** your **independence** as much as you are able to.
- We will make sure your call bell is within easy reach, and we will **respond** to your calls promptly.
- We will **review** your medication to see if anything that you are taking increases your risk of falling, and we will talk to you about it.
- We will **talk** to you about any worries that you may have about falling in hospital or at home.



What you can do to reduce the risk of falling whilst in hospital.

- Stay active, **keep moving**. Ask our staff to support you to maintain your independence.
- **Get dressed** in comfortable day clothes which you can move around in easliy.
- Always wear **well-fitting footwear** that is comfortable and that you are confident to walk in.
- **Use the call bell** when you need assistance.
- Do **simple stretches** when you are in bed or sitting in a chair.
- **Take your time** when you sit up or get out of bed.
- If you feel unsafe, **tell the staff**.
- If you feel dizzy or lightheaded, sit or lie down and **call for help**.
- Bring in and use your **walking aids** if you have them.
- Wear your **glasses** and tell staff if you are having trouble seeing**.**
- **Drink fluids** regularly. Eat well.
- **Take Care** in the bathroom and toilet. If you need assistance, **ask for help**.

Additional tips for when you are at home

- Have regular **eye tests**.

- Have regular **foot care**.
- **Exercise** as much as you are able, or do simple stretches.
- **Talk to your doctor or nurse** if you are having dizzy spells or hearing problems.
- **Avoid** or limit your **alcohol** intake.
- Make sure there are **noloose rugs** or uneven floor coverings or trailing wires.
- **Be aware** of pets when walking around at home.





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