

## Contact details

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# Falls Prevention Whilst In Hospital



This leaflet can be made available  
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式  
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona  
w innych językach/formatach.

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## Reasons for Falls

**There are a number of reasons someone may fall.**

These may include:

- Poor balance or weak muscles
- Confusion and agitation
- Unfamiliar surroundings and obstacles in the environment
- Poor eyesight
- Unsafe footwear
- Medication issues

**‘Everyone has a role to play in preventing falls’**

## Advice discussed with your family/carers to help reduce your risk of falling:

(Tick the appropriate box/es below)

- o **You require support from someone when mobilising at the moment. If you or your family/carer need assistance from a staff member, please ask as required.**
- o **You require someone with you when you are in the bathroom at all times whilst in hospital. We can provide you or your family/carer with support. Please ask a member of staff.**
- o **You require assistance to move from chair to bed and back at the moment. We have asked your family/carer to call a staff member to assist with this when required.**
- o **To reduce the risk of you falling out of a standard hospital bed, we have provided a low/rise bed and crash mats to minimise the risk of any harm occurring. The use and reasoning of providing this bed has been explained to your family/carer.**

Date:

Family member/carer signature:

Staff signature:

## Your personalised falls prevention advice includes:

(tick the appropriate box/es below)

- Use your walking aid when mobilising at all times**
- Wear your prescribed distance glasses when mobilising**
- Wear your suitable footwear when walking or the slipper socks provided by the ward**
- The nurse call bell has been shown to you and the staff have explained how to use it**
- Press the nurse call bell for assistance and wait until staff come to help you before you try to mobilise**
- Take your time when getting up from lying or sitting down**
- Let staff know if you are feeling unwell, dizzy or unsteady on your feet**
- Drink plenty of fluids to keep yourself hydrated**

Date:

Patient Signature:

Staff Signature:

## What you can do:

1. Bring into hospital any equipment you normally use, such as walking aids, and ensure equipment is checked by hospital staff. If you have come into hospital without your walking aid and need one providing, speak to ward staff who can refer you to our therapy team.
2. If you have spectacles, please ensure that you bring them with you, that they are clean and that you only wear your distance ones when walking. Take special care when using bi-focal/varifocal glasses.
3. Wear comfortable clothing that is not too long or loose. Whenever you are up and about, wear comfortable, low heeled shoes, non-slip shoes or slippers that fit properly. Please ensure that all your items are clearly labelled with your name. Ask the staff for hospital slipper socks if you do not have suitable footwear available.
4. Use your call bell when you require assistance and keep it within easy reach at all times.
5. Take your time when getting up from sitting or lying down.
6. Let staff know if you feel unwell or unsteady on your feet.
7. If staff recommend that you need assistance or supervision when moving, please ask them for assistance and wait until they come to help you.
8. Familiarise yourself with your bed area, its furniture, and where the bathrooms are located. Look out for any hazards such as spills and clutter that may cause a fall, and tell staff about these hazards.
9. Keep hydrated by drinking plenty of fluids as hospitals can be very warm and you can easily dehydrate.

## Advice for carers, relatives and friends

For the safety of patients, it would help us greatly if you would report any potential hazards you spot in the ward to staff, such as:

- Spills on the floor
- Trailing wires / cables
- Obstacles around the bed

## We would also ask that you:

- Leave the patient's room / bed space free of obstacles by replacing your chairs.
- Take any unnecessary items home to reduce bedside clutter.
- Replace bedside tables and call bells moved during your visit so everything.
- Report any change you note in how the patient appears (e.g. increase in confusion, decrease in ability to stand/ walk) to the nursing staff before you leave.
- Ensure the patient has well-fitting footwear with them and that their clothing will not cause them to trip.

## If you have a fall .....

- Remain where you are and, if safe to do so, attempt to attract staff attention by pressing your call bell (if within reach from where you are) or calling out for assistance.
- Staff will immediately check you over to ascertain whether it is safe for you to transfer on to a chair or bed. This may mean the use of specialised equipment to safely retrieve you from the floor, such as a transfer hoist.
- You will be assessed by a doctor who will check you over and, if needed, request further investigations and prescribe pain killers, if you require them.
- The staff will repeat your falls risk assessments. This may result in changes being made to your care plan. These changes to your care plan will be discussed with you or your relatives.
- Other equipment may be introduced to help minimise the risk of you having a further fall in hospital e.g. a falls sensor on your chair or bed.
- A member of the Hospital Falls Team may come and chat to you about your risks of falling in hospital and how best we can support you to minimise this risk.

## Remember .....

Preventing falls is important when you go home as well so, before you leave hospital, you may be referred to follow-up services such as the **Community Falls Team or Community Occupational Therapist** to continue to help reduce your risk of falling after your discharge from hospital.

**If you require any further information, please speak with your named nurse (or the ward manager/nurse in charge).**