

What we can do if you are at high risk of falling.

- We will ensure we can see you. This might mean moving you to a more suitable position on the ward.
- Provide additional supervision.
- If you are unable to remember you might fall we can use a falls mat which alarms to alert staff when you try to mobilise without support.
- We might put the up the bedrails at certain times for your safety. However sometimes bedrails can increase the risk of falling and so staff will assess when to use them.
- Provide you with a low level bed to reduce the risk of harm if you accidentally fall out of bed.
- As a last resort we can nurse you on a mattress on the floor.

It is important to emphasise that it is not always possible to prevent our patients from falling, even when all the appropriate assessments have been carried out and all the appropriate interventions have been implemented. The best that we can do is to minimise the risk of our patients falling.

Patient-centred
and safe

Professional

Responsive

Friendly

NHS

Salisbury

NHS Foundation Trust

Preventing Falls in Hospital



Advice and information for patients, relatives and carers.

The aim of this leaflet is to provide you with information on what effective falls prevention looks like in hospital. We encourage you to ask questions to all staff looking after you, and to discuss what can be done to reduce the risk of falls.

What can you and your visitors do to help reduce the risk of falling?

- Tell the nurse or doctor looking after you if you have fallen in the last year or are worried about falling.
- Use your call bell if you need help to move, in particular if you need help going to the toilet.
- Make sure your glasses are clean and used as prescribed. Ask for help if you are having trouble seeing. At night there is a light under your bed you can activate by pushing the bulb button on the bed handset. Bring and use your usual walking aid and keep it close by. Never lean on hospital furniture as it is often on wheels.
- When getting up; sit upright for a few moments on the edge of the bed before standing. Stand up slowly and make sure you feel steady before walking. If you feel dizzy—stop, sit down and tell the ward staff.
- Drink regularly and eat well.

How can staff help you reduce the risk of falling?

- Be familiar with your bedside environment. Ask for clutter to be moved if your path isn't clear. Ask your visitors to take home unnecessary items.
- Make sure you have shoes or slippers that fit well, grip well and cannot fall off. Do not mobilise in bare feet or with socks/surgical stockings on your feet.
- Only use bedrails if you have been assessed as safe to do so.

- We will talk to you about your care plan to reduce your risk of falling.
- We will ensure your call bell is within reach.
- We will make sure your medications are reviewed and that your blood pressure is checked.
- Our therapists can work with you on your balance and strength and identify if you need any aids to support safe mobilising.
- We can provide help getting to the toilet, washing and getting dressed.
- We can provide non-slip socks whilst you are waiting for suitable footwear from home.
- We will ensure there is sufficient light, night and day. We can put the bed at the right height for you so you can get on and off it more easily.