

# Falls Risk Information Poster

Information for Patients, Carers and Visitors

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This information is written to help reduce the risk of falling whilst in hospital

## Why people are at risk of falls

We know that some people fall whilst in hospital. This may be as a result of the illness or injury that brought them into hospital, the medicines they take, being confused, or as a result of losing their confidence. Even people who have never had a fall before can be at risk because of these problems.

## What we will do

All patients have a falls assessment completed on admission to the ward to identify their falls risks. If they are identified as being at risk of falls a care plan will be commenced to help reduce the risk of falling whilst in our care.

## Patients are advised to

- ✚ Listen to the advice about moving around given by the ward staff
- ✚ Ask for help by using your call bell
- ✚ Take your time when moving and get up slowly
- ✚ Keep everything within reach and don't stretch
- ✚ Use walking sticks or frames in the way the physiotherapists tell you
- ✚ Make sure your shoes or slippers are non-slip, well fitting and in good repair.

## Carers are advised to

- ✚ Tell staff anything you think is important – relating to falls risk
- ✚ Tell staff if you have any concerns about your relative
- ✚ Tell staff about spills, trailing cables or anything untidy
- ✚ Make sure the patient area is clear and put chairs back before leaving
- ✚ Make sure your relative knows you are leaving
- ✚ Take any unnecessary things home to stop clutter
- ✚ Make sure your relative can reach the call bell.

## Remember

The advice is reviewed regularly and updated as you (or your relative) improve. If you are unsure of what to do, please ask a member of staff.

Unfortunately it is NOT possible to prevent all falls in hospital. We will stick to the patient's wishes, or act in their best interests if they are unable to communicate their wishes

By clearly identifying people who are at risk, everyone involved in their care, including you, can help. If you see anyone on the ward who looks unsafe and might fall please alert a member of staff as quickly as possible.

An information leaflet is available, please ask a member of staff.