

MWL is committed to patient safety and is working hard to reduce the number of falls that occur in the Trust.

We are committed to working with our patients and their relatives to reduce slips, trips and falls.

If you have any comments or suggestions on safety issues, please inform the nurse in charge.

Whiston Hospital
Warrington Road,
Prescot,
Merseyside,
L35 5DR
Telephone:
0151 430 1152

Southport Hospital
Town Lane,
Kew,
Southport,
Merseyside,
PR8 6PN
Telephone:
01704 547 471

Ormskirk Hospital
Dicconson Way,
Wigan Road,
Ormskirk,
Lancashire,
L39 2AZ
Telephone:
01695 577 111

The prevention and management of slips, trips and falls

Patient information

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Reason 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. You can:

1. Bring any equipment you normally use into hospital with you, such as walking aids. 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. Never lean on hospital furniture as it is often on wheels.
2. Make sure that you bring your glasses/contact lenses with you if you have them. Ensure that they are clean and that you use them as prescribed.
3. Wear clothing that is not too long or loose and may cause you to trip. Make sure your shoes or slippers fit well, grip well and cannot fall off whilst walking. Ask the staff for hospital slipper socks if you do not have suitable footwear available.

Your personalised falls prevention advice includes:

Tick the appropriate box/boxes 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.

Signature:

Date:

If you have a fall

Inform the staff immediately, they will take action to identify what contributed to the fall and aim to reduce the risk of you experiencing another fall. You may be assessed by a doctor who may request further investigations or x-rays/scans, the staff will review your falls risk assessment and make any required changes to your care plan.

Any changes to your care plan will be discussed with you or your relatives/carers. After a fall, you will be assisted back to bed or onto a chair.

Remember

The hospital is not as familiar to you as your own home. Be careful.

If you are anxious and have concerns about moving around, make staff aware. Staff are happy to help.

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 a 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 a ward nurse or the ward manager.

4. Use your call bell when you require assistance and always keep it within easy reach. Staff are always happy to help.
5. If you feel dizzy or unwell – stop, sit down and let staff know. Please use your call bell.
6. When getting up – sit upright for a few moments in your chair or the edge of your bed before standing. Get up slowly, making sure you feel steady before walking.
7. If staff recommend that you need assistance or supervision when using the toilet or bathroom, 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. Ask staff if you need to see where the bathrooms are. Look out for any hazards, such as spills and clutter that may cause a fall and tell staff about these hazards.
9. Eat well and drink fluids regularly, as hospitals are very warm and you can easily dehydrate. This can effect your blood pressure and cause dizziness.

Advice for carers, relatives and friends

For the safety of patients, it would help us greatly if you would report any possible hazards on 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 clear, by replacing your chairs.
- Take any unnecessary items home, to reduce bedside clutter.
- Leave bedside tables and call bells moved during your visit, in easy reach of the patient before you go.
- Ask nursing staff to replace bed rails if they are in use.
- Report any concerns you have about the patient 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.

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

Tick the appropriate box/boxes below.

- ☐ 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.
- ☐ 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.
- ☐ 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.
- ☐ 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.

Signature:

Date:

Family and Carer

Signature:

Date: