



■ ■ *Relatives or Carers*

- Please inform staff if your family member has had a fall previously.
- Talk to the nurse about the plan that has been put in place to reduce the risk of your family member falling. You may be able to assist when you visit in keeping your family member safe.
- Discuss any concerns you may have about the risk of falls with the nurse caring for your family member.

■ ■ *Contact*

If you have any questions please contact the Taranaki District Health Board and ask to speak to the Nurse Manager of the Ward.

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Reducing your risk of falls whilst in hospital



We have assessed you as being at risk of falling and this leaflet contains information to help you avoid having a fall in our Hospital.



■ ■ *You may be at risk of a fall because you;*

- Are in unfamiliar surroundings.
- Have had an anaesthetic.
- Take certain medicines.
- May have an infection (especially a urine infection).
- Rush to the toilet.
- Get up in the night to use the toilet.
- Feel anxious, upset or worried about things.
- Have poor balance, dizziness or low blood pressure.
- Have poor eyesight.

■ ■ *Do;*

Tell your nurse, physiotherapist or occupational therapist if:

- You have fallen before
- You feel unsteady
- You feel unwell
- There is anything that you may slip on.

■ ■ *Do;*

- Ask for help and use your call bell.
- Take your time when walking.
- Wear your correct glasses.
- Get up slowly from the toilet or from lying down.
- Drink plenty of fluids.
- Use your walking aids – sticks, strollers, etc.

■ ■ *Don't;*

- Wear torn or loose slippers.
- Wait until the last minute if you need to go to the toilet.
- Use doors, walls or furniture for balance.
- Walk in socks or stockings.

When you return home, take the same precautions and try to be active every day in as many ways as possible.



There are non slip socks available if you feel unsteady on your feet. We may assess you to see if these would be suitable.