

In hospital falls advice

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Why this matters

Falls in hospital can delay your recovery and cause serious injuries. Being in an unfamiliar place, feeling unwell, or taking new medicines can increase your risk of falling.

Hospital staff are here to help keep you safe.

Working together, we can prevent most falls.

Tell the nurse or doctor looking after you if you have fallen in the past year or are worried about falling.

Why falls happen more in hospital

- Unfamiliar surroundings - Everything is new and different
- Feeling unwell - Illness can affect your balance and strength
- New medicines - May cause dizziness or drowsiness
- Medical equipment - IV lines, catheters, or monitors can get in the way
- Rushing - Feeling urgent about getting to the bathroom
- Not wanting to “bother” the staff

Your most important safety tool: The call bell

Always use your call bell BEFORE getting up when:

- Going to the bathroom
- Getting out of bed
- Feeling dizzy or unsteady
- Your IV line or catheter needs moving
- You drop something on the floor
- You feel confused or disoriented
- You have a Yellow ‘High Falls’ wrist band on

How to use your call bell

- Keep it within reach at all times
- Press it and wait for staff to come
- Don’t be embarrassed - this is what we’re here for
- Use it even if you think you can manage alone
- Press it even if staff “just left” your room



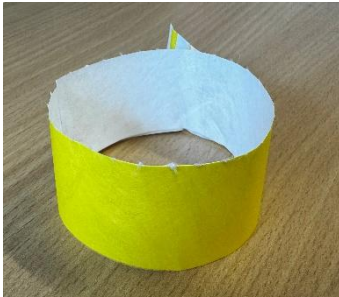
ALWAYS: Ask for help - This is not bothering us, it's our job.

The Trust runs a “See Yellow, Think Falls” initiative

If you are at risk of falling you will be given a yellow wrist band

Yellow socks are also given to patients who are at risk of falling

The yellow triangle above your bed informs staff that you are at risk of falls and ensures the right level of assistance is delivered to you during your admission.



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