- Report to nursing staff if you feel your relative/ friend has become more confused than normal, if they complain of feeling unwell or that they are in pain.
- Report any slip or trip hazards to a member of staff.

University Hospitals Dorset is committed to patient safety and by working together with you and your relative we can reduce the number of slips, trips and falls.

If you have any concerns regarding falls please speak to a member of our Ward/Department team.

Further information: LiveWell Dorset Freephone **0800 8401628** or Age UK Freephone **0800 6781602**

The Royal Bournemouth Hospital,
Castle Lane East, Bournemouth, Dorset, BH7 7DW

Poole Hospital,
Longfleet Road, Poole, Dorset, BH15 2JB

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w: www.uhd.nhs.uk
: @UHD_NHS : @UHDTrust : @uhd_nhs

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Reducing the risk of falls in hospital

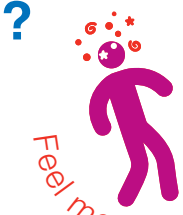
Information for patients, relatives and carers

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Why might I fall?



New Environment



Feel more unsteady



Your illness



New Medications



If you have a history of falls



Treatments/investigations/operations

What information will I be asked?

Every adult admitted to our hospital will have a falls risk assessment completed and regularly updated. The staff will ask you about any previous falls and assess what may increase your risk of falling in hospital. Please provide as much detailed information as possible

The staff will then discuss with you and your relatives or carers, what actions we can do to reduce your risk of falling during your hospital stay, and when you return home

Reducing your risk of falling in hospital.



Call bell

Call, don't fall!
Please use your call bell to seek assistance.



Let someone know

If you feel dizzy, stop, sit down and inform a member of staff.



Aids and equipment

If you normally use a walking aid or have been issued with one, use it! Keep active, keep moving safely.



Nutrition and hydration

Drink!
Keep yourself hydrated.



Eyesight Check

Wear your glasses and hearing aids.



Under bed light/general lighting

Adequate lighting, ask for your underbed light/ over bed light to be switched on at night.



Safe environment

Keep your bed space free of clutter, ask your relatives to take home unused belongings.



Feet and footwear checks

Always wear appropriate shoes or slippers before mobilising. Speak to a member of staff if you need alternative footwear.

Advice for relatives and carers

By working together we can reduce the risk of falls.

- Please bring in suitable footwear for the patient
- Please bring their glasses and hearing aids into hospital
- Encourage yearly eye test
- Take home unnecessary belongings i.e. suitcases/ large bags/excess clothes
- Please seek advice from a member of staff with regards to bed rail adjustment and use
- Ensure call bell and mobility aids are left within reach before you leave.

Reducing the risk of falls in hospital