

Preventing falls in hospital

This leaflet explains reasons for a fall, how to avoid or help prevent a fall and how we can help you. If you have any queries or concerns, please do not hesitate to speak to a member of staff.

Being in hospital means you may be more likely to have a fall because you:

- are unwell
- are in an unfamiliar place
- cannot move very well
- feel off-balance when you stand
- are taking medications which make you feel drowsy or dizzy
- have had an anaesthetic
- need to go to the toilet urgently or very often
- have had previous falls or near misses
- are worried about falling.

What can I do to avoid having a fall?

There are things you can do with help from the ward team – our nurses, physiotherapists, occupational therapists and doctors – that will make you less likely to have a fall.



Press the call bell when you want to get up or need help



Get to know your environment (bed, bathroom and toilet areas)



Take your time when getting up out of bed or the chair



Use walking aids for support



Wear your own sensible non-slip footwear



Have the bedside light on at night if you need the toilet regularly during the night



Always use your hearing aids and glasses



Keep your personal belongings within reach at all times



Ask for assistance when using the bathroom or toilet



Ask for a medication review and stay up to date on your current dosages



Keep hydrated throughout your stay



Ask for help with eating if this is difficult for you

How can we help you?

Staff on the ward will:

- Assess how likely you are to fall
- Discuss with you and your family/carer ways we can reduce your risk of falling. These will be included in your care plan
- Assist you when you need the toilet or want to get out of the bed
- Check on you regularly
- Ensure that you have everything you need.

If you do have a fall, we will:

- Talk to you and your family/carer to find out why you fell
- Assess your risk of falling again
- Change your care, to make you safer
- Arrange for you to be checked by a doctor.

When you leave hospital

It is also important to prevent falls at home. Therefore, before you leave hospital, we may refer you for more assessments or support from other community services to make you safer at home.

PALS

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. They can also pass on praise or thanks to our teams.

PALS at King's College Hospital, Denmark Hill, London SE5 9RS

Tel: **020 3299 3601**

Email: **kch-tr.palsdh@nhs.net**

PALS at Princess Royal University Hospital, Farnborough Common, Orpington, Kent BR6 8ND

Tel: **01689 863252**

Email: **kch-tr.palspruh@nhs.net**

If you would like the information in this leaflet in a different language or format, please contact our Communications and Interpreting telephone line on 020 3299 4826 or email kch-tr.accessibility@nhs.net