

Preventing falls

Inpatient information



Reducing
your risk of falls
during your
hospital stay

The falls assessment

Every adult admitted to one of our hospitals will have a falls risk assessment completed. The nursing staff will ask you about any previous falls and assess what may increase your risk of falling in hospital. This assessment will include:

- Walking and balance
- Medications
- Any dizziness
- Toileting
- Vision
- Hearing
- Confusion



The staff will then agree with you, and your relatives or carers, what actions we can do to reduce your risk of falling whilst in hospital, and when you return home.

While you are in hospital there are a number of things you can do to minimise your risk of having a fall.

Keeping the environment safe

- Keep your bedside area free from clutter.
- Keep your nurse call bell and any useful items where you can easily reach them.
- Use the night light provided to ensure you can see adequately at night.
- Avoid bending or overstretching out of your bed or chair: ask for help if you can't reach something.

Walking safely

- You may be asked to call for assistance before walking to keep you safe. If so, please press the nurse call bell and wait for a member of staff before standing up. Staff may be busy but will get to you as soon as possible.

- Ensure you use any walking aid provided for you.
- Get up slowly from your bed or chair to reduce the risk of dizziness.

Vision and hearing

- Ensure you wear your spectacles and hearing aid if needed and they are clean and in good working order.
- Ask for a hearing aid battery if required.

Footwear

Safe supportive footwear is very important to maintain your safety whilst walking around our hospitals.

Please always wear footwear that:

- Has fastenings such as laces, buckle or velcro.
- Wear flat shoes / slippers with non-slip, lightly padded soles.
- Avoid backless footwear.



Eating and drinking

It is important to support your recovery in hospital by eating and drinking well. This will also help to reduce any dizziness and keep your bladder and bowel healthy. Ensure you:

- Eat a well-balanced diet with plenty of fruits and vegetables and protein at each meal time.
- Drink well. Most patients will be advised to drink six to eight glasses of water per day.
- If you are given specific advice about a special diet or fluid intake for your condition please ensure you follow this.

Advice for relatives and carers

Please help us to promote the safety of patients:

- Bring in a suitable pair of shoes or slippers
- Report to staff any spills, obstacles or hazards that you have noticed in the ward or hospital environment.
- Replace all chairs you have moved / used as you are leaving.
- Replace the patient bedside table and ensure their nurse call bell is within reach.
- Take any unnecessary items home e.g. suitcases.
- Ask staff to replace any bed rails or readjust the bed height if you have asked them to be altered during your visit.

Comments, compliments, concerns or complaints

South Tees Hospitals NHS Foundation Trust is concerned about the quality of care you receive and strives to maintain high standards of health care.

However we do appreciate that there may be an occasion where you, or your family, feel dissatisfied with the standard of service you receive. Please do not hesitate to tell us about your concerns as this helps us to learn from your experience and to improve services for future patients.

Patient Advice and Liaison Service (PALS)

This service aims to advise and support patients, families and carers and help sort out problems quickly on your behalf.

This service is available, and based, at The James Cook University Hospital but also covers the Friarage Hospital in Northallerton, our community hospitals and community health services. Please ask a member of staff for further information.

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