

Fall Prevention



Patient and Family Education

@ patienteducation@hamad.qa
☎ 4439 1494 / 5

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المركز الوطني لعلاج وأبحاث السرطان
National Center for Cancer Care & Research

عضو في مؤسسة حمد الطبية
A Member of Hamad Medical Corporation



Fall prevention

During your hospitalization you may be at a risk of falling:

This may be due to:

- The medication you take may make you feel light-headed or dizzy
- Your surgery or illness you may be weak or unsteady when you walk
- Simply being in an unfamiliar environment

To reduce the risk of falling and injuring yourself the staff will:

- Help you settle into your ward, keep your surroundings safe and provide you with fall prevention information
- Assess your risk of falling and discuss what they can do to reduce this risk.

Measures HMC might take to reduce your risk of falling include:

- Asking you to press your call bell when you need assistance
- Providing you with walking aids
- Providing you with special equipment to help you with showering and using the toilet
- Advising you on appropriate footwear and clothing
- Using the bed rails if appropriate

What can you do?

- Bring to the hospital any equipment you normally use, such as glasses and walking aids.
- If you have glasses, only wear your distance ones when walking. Take care when using bi-focal and multi-focal glasses.
- Wear comfortable clothes that are not too long or loose. When you are walking, wear low heel, non-slip shoes that fit you well.
- Use your call bell whenever you require assistance and keep it in easy reach.
- Ask for help if you need to use the bathroom, especially at

night.

- Take your time when getting up from sitting or lying down (this prevents fainting).
- Let staff know if you feel unwell or unsteady on your feet.
- If staff recommend that you need assistance or supervision upon moving, please ask them for assistance and wait until they come to help you.
- If staff recommend that they need to stay with you whilst you are in the toilet, allow them to do so.
- Keep frequently used items between eye level and hip height so that you don't have to reach or bend down unnecessarily.
- Tell staff if you notice any water on the floor or clutter in your room that you may trip on.

Remember:

- Falls not only cause injuries but can affect your ability as well as your confidence to walk and may delay your stay in hospital.
- The above tips can keep you safe and prevent falls from occurring.
- Turn on lights whenever needed. Do not walk around in the dark.
- Make sure your pathway is clear.
- Keep your personal items within reach, such as glasses, hearing aids or your phone.