

高雄榮民總醫院護理部護理指導單張

Department	Nursing Department	No: 700067
Subject	To prevent falls is everyone's responsibility	2018.02.22 institution
unit	W37	2019.05.07 revised

A person's physical condition and function alters after admission. The following are common fall risk factors:

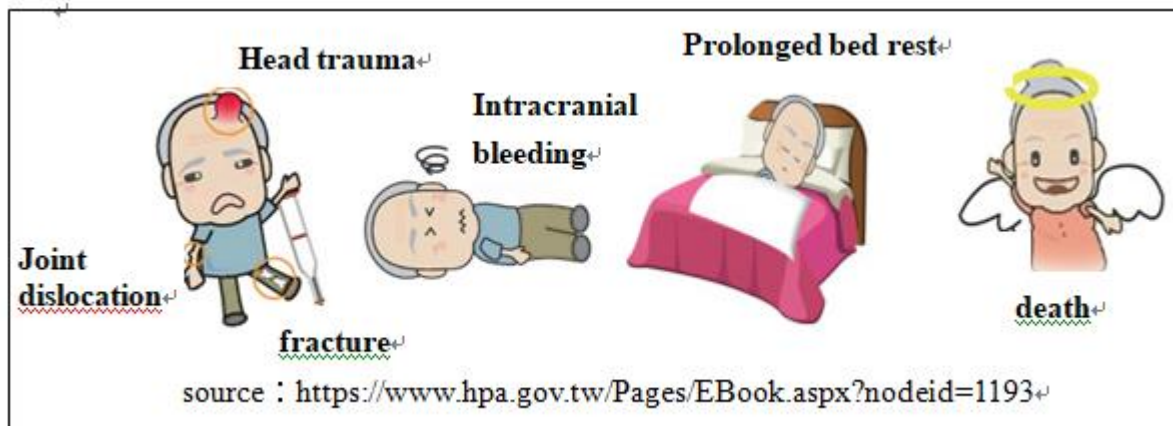
1. Previous falls.
2. More than 65 and less than 5 years of age.
3. Dizziness, poor vision and muscle weakness.
4. Inability to stand on one foot for >5 seconds or Inability to do the following tasks within 12 seconds: stand up with no support from a chair, walk three meters, turn around, walk back to the chair, and sit down.
5. Having Parkinson's disease, epilepsy, arthritis or stroke.
6. Conditions predisposing to urinary frequency, incomplete bladder emptying, diarrhea, incontinence.
7. Irritability and agitation.
8. Use of the following medications: hypoglycemic agents, sedatives, narcotics, anti-hypertensive agents or other medications that could cause dizziness.
9. Getting out of bed after prolonged recumbence or recovering from anaesthesia.
10. Insistence of getting out of bed regardless of physical condition.
11. Refusal to ask for help despite physical weakness.
12. The wheelchair and the potty chair not in locked position when stationary.
Wheelchair footrests not properly retracted.
13. Floor is wet and slippery.
14. Obstacles in walkways, including cluttered wires and medical supplies.
15. Presence of IV lines or drainage tubes.
16. Misplaced cups, urinals, call bells, walkers.
17. Bad lighting.



<http://www.patientsafety.mohw.gov.tw>

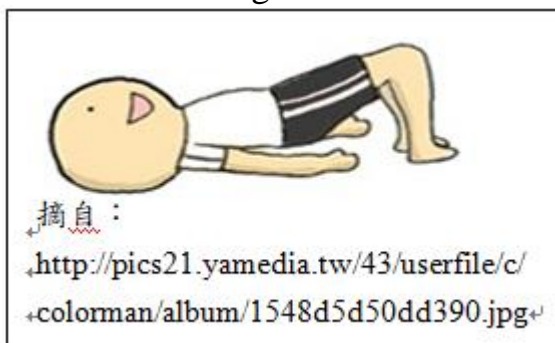
What injuries can you get after falling?

Fall is the most common hospital accident, more than half of fall will cause physical injury, including abrasions, bruises, lumps, which will cause damage to wound suture, fractures, and even cause brain hemorrhage and death. Precautions should be taken to avoid these falls.



How to prevent falls :

1. Avoid getting out of the bed alone: When a caregiver inserts the " Fall Precaution " sign on bedside wall, please ask for assistance if you have to get out of bed. The nursing call bell could also be used at this time.
2. You can do some hip or leg liftings in the bed for 10 minutes four times a day to enhance the strength of the lower limbs.



3. If you want to take sedative sleeping pills before going to bed, please take the toilet and go to sleep.
4. Do not get out of bed directly. Sit up for a while, then stand up steadily, and walk while paying attention to IV lines or drainages.
5. If you feel dizzy, please take gradually change your posture before going to bed. If you lay in bed for too long or feel dizzy while walking, you should immediately stop walking, or immediately squat or hold on to objects such as corridor handrails, footboards. Items that are easy to slide should not be used as a support, such as a drop stand and a bed table.
6. Health care items such as cups, urinals, slippers, call bell, crutches, walkers, etc. should be placed in accessible areas to prevent falls
7. If you need to go to the bathroom frequently, make sure that you are accompanied by another person or make good use of bedside commodes. Do not go to the toilet alone.
8. Do not get out of the bed over the siderails. The caregiver may pull up the siderails

- to protect you. You may also press on the nurse's call bell or wake your accompanying caregiver to assist you if you need to get out of bed.
9. Keep the floor dry. If you find the patient bedroom or bathroom floor slippery, please immediately inform the nurses to attend to it to prevent falls.
 10. Make sure that the room has good lighting. If it is too dark, tell your caregiver to turn on the lights.
 11. Wear well-fitting underwear and shoes: Avoid wearing pants that are too long since cause stumbling. Avoid wearing shoes with slippery soles.
 12. Our nursing staff will teach you the correct usage of your walkers and healthcare aids if you need them. Please inform the nursing staff if you have any questions about the instructions.
 13. When your family member or caregiver leave your hospital room or they have difficulties of assisting you alone, please inform your nurses if you need additional assistance.

We care for your safety!

Reference

Ministry of Health and Welfare Taiwan Patient Safety Net (February 22 , 2018) *Introduction of the Annual Patient Safety Goal*•Retrieved from <http://www.patientsafety.mohw.gov.tw/Content/Messagess/Contents.aspx?SiteID=2&MmmID=621304162254604356>.

Note: Review once a year

This patient safety information is for reference only. It is designed to replace standard medical treatment. If you have any questions, please consult your doctors.