

Call for help if you feel weak or dizzy, especially if your nurse or doctor has told you to do so.

Other medicines may affect your body functions. For example, diuretics cause you to pass water more often. Bowel preps make it necessary for you to get to the bathroom immediately. If your doctor has told you to call for help to get out of bed, you must do so even when you're in a hurry. There may be furniture in your path that you could stumble over.

If you have an intravenous (IV) line, a catheter, or oxygen, the equipment must go with you. It may be hard to manage by yourself, and you could lose your balance.

CALL FOR HELP BEFORE YOU GET UP !

You may want to ask for a bedside toilet or keep a bedpan next to you for an emergency.

Blood pressure medicines may make you dizzy when you go from a lying to a sitting position. Sit on the edge of the bed until the dizziness passes.

Footwear: When you wear stockings or socks without shoes, you have a greater risk of falling. Wear shoes or slippers when you are getting out of bed. Ask the staff for a pair of slippers, or bring slippers from home.

Lighting: Walking in the dark is dangerous. You can trip over objects that you can't see. Turn on the light before you get out of bed.

Vision: If you don't see well, your risk of falling is greater. Blurred vision is a side effect of some medicines. Cataracts and other eye diseases can limit your vision. Be sure to wear your glasses or contact lenses. If you have trouble seeing, talk to your doctor or nurse.

Drops and spills: If you spill water or any beverage, do not try to clean it up yourself. You may miss a spot. If you drop an item on the floor, do not try to pick it up. Bending over can make you dizzy, and you could fall. Do not lean out of bed to try to pick up something from the floor. Call for help if you drop or spill something.

Disease/ conditions: Some diseases affect your physical strength and balance. For example, Parkinson's is a disease of the nerves and muscles that can affect the way a person walks. If you have dizziness or weakness in your legs or feet, call for help to get out of bed. Other diseases affect your mental state. If

you feel you're not thinking clearly, call your nurse or nurse aide for help.

To prevent tripping, take these steps: Lighting - have bright lighting in your home. Bright light helps you to avoid tripping over objects that are hard to see. Be sure the stairs are well lit. Put night lights in the bedroom, hallways, and bathroom.

Rugs and cords - fasten rugs firmly to the floor or use rugs with non-skid backing. Tack down all loose ends on rugs. Move electrical cords from areas of the floor where you walk.

Grab bars - install grab bars in the bathroom. Put them in the bath and shower and next to the toilet. Do not hold onto towel bars or soap dishes when you move in the bathroom. These items may not be strong enough to support you.

Handrails- avoid using stairs without hand rails.

Kitchen items- place kitchen items within easy reach. Do not store things too high or too low. When things are easy to reach, you will not need to use a step ladder or a stool. You also can avoid reaching and bending over.

Footwear - wear shoes and slippers that fit well and have firm, non-skid soles. Do not wear loose-fitting shoes or slippers.

Take good care of yourself : When you stay healthy, you reduce your chance of falling. Follow these guidelines:

Foot problems- see your doctor if you have pain or loss of feeling in your feet. You also should see your doctor if you have large, thick toenails and corns. When you have pain or discomfort in your feet, you make small changes in the way you walk. These changes can lead you to stumble and fall.

Medicines- talk to your doctor about possible side effects of all the medicines you take. The side effects of medicine are a common cause of falls. The more medicines you take, the more side-effects you may have.

Medicines- talk to your doctor about possible side effects of all the medicines you take. The side effects of medicine are a common cause of falls. The more medicines you take, the more side-effects you may have.

Dizziness- if you have dizzy spells, see your doctor. Dizziness can make you lose your balance and fall. When you get up from lying down, sit for a few minutes. Then stand and get your bearings before you walk. Your blood

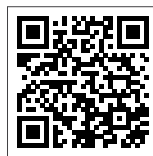
pressure takes some time to adjust when you get up. If you stand up quickly, your blood pressure may be too low. You could then get dizzy, lose your balance, and fall.

Canes and walkers- if your doctor suggests that you use a cane or a walker, use it. This will give you extra stability when you walk.

Vision- see your eye doctor once a year. Cataracts and other eye diseases can limit your vision. You have more risk of falling when you don't see well.

If you have questions

If you have any questions about this information, please talk with your doctor, nurse, or therapist.



PLEASE SCAN FOR
THE LOCATION

Aster
HOSPITAL
We'll Treat You Well

Mankhool, Kuwait Road, Al Mankhool - Dubai

📞 04 440 0500 🌐 asterhospitals.com 📱 📧 asterhospital

DEPARTMENTS

Accident & Emergency • Anesthesiology • Cardiology • Clinical Nutrition
Dental Centre • Dermatology • ENT • General Surgery • Insurance
Internal Medicine • Laboratory Services • Neurosurgery • Ophthalmology
Obstetrics & Gynaecology • Orthopedics • Patient Affairs



FALL PREVENTION @ HOSPITAL & HOME

Aster
HOSPITAL
We'll Treat You Well



DIGITAL VERSION

FALL-PREVENTION-AT HOME



FLOORS

- Throw Rugs & Carpets - Replace torn carpet, remove all throw rugs or tack down throw rugs with double sided tape or use non-skid rugs.
- Cluttered Walkways - Rearrange furniture so your path is clear. Remove all clutter and obstacles from walkway. Make sure you have plenty of room to maneuver your walker/cane.
- Cords - Remove all cords from walkway OR tape/secure cords to one side of the walkway.
- Keep the floor free of items that you can trip over (clothes, shoes, newspapers, etc.,)



LIGHTING

- Replace light bulbs. • Use nightlights.
- Leave lights on in high traffic areas



BATHROOM

- Slippery Surfaces - Use a non-slip bathmat on the floor of the tub or shower.
- Grab Bars - Install a grab bar next to the

toilet and inside the tub or shower for support.

- Sit on a right heighted stool while taking bath
- Keep the utilities at a height within the reach
- Never lock the rest room while inside



CHAIRS

- Avoid chairs that rock and/or swivel.
- Use chairs with armrests.
- Make sure your feet can touch the ground.



CARRYING OBJECT

- Wear your eyeglasses.
- Use your walker or cane.
- Stop and rest when you feel tired or weak.
- Use footwear is non-skid or hard sole
- urip DJec{srnm1}\(
- Keep back straight.
- Bend knee while lifting.
- Walk slowly.
- Ask for help with heavy object



STAIRS

- Keep your hand free. Don't carry things while climbing up and down the stairs.

- Install railings on stairways
- Remove obstacles from stairway.
- Sufficient lighting - Have a friend or family member replace burned out light bulbs and utilize a night light. Consider having an electrician put an overhead light at the top and bottom of the stairs.
- Handrails - Secure loose hand rails > Replace any torn carpet.
- Utilize colored adhesive tape to clearly mark steps.



HARD TO REACH ITEMS

- Place commonly used items at waist level.
- Avoid using a step stool.

FALL-PREVENTION-AT HOSPITAL



COMMUNICATE

- Communicate to your nurse regarding recent fall history.
- Explain about your ability and need of assistance to your nurse.
- Explain about your medication which will produce drowsiness.
- Get the information regarding fall preventive measures in hospital



WASHROOM

- Get assistance for toileting needs.
- Get the resources (Urinals/Bed pans) for elimination needs.
- Use Nurse-call Bell in washroom, if you need any assistance in wash room.



WALKING

- Get assistance while walking or using walking aids.
- Seek assistance while getting out of bed always.
- Always use hospital recommended foot wear to prevent fall.
- Use grab bars while walking.



FLOOR

- Avoid walking or ambulation while the floor is wet.
- Inform if any spillage happens.



SIDE RAILS

- Always make sure that the side rails are up.
- Do not attempt to get down from bed, when the side rails are up.
- Keep the bed in lower level always.

CALL DON'T FALL

DO'S:

- Do ask for room orientation
- Do ask for help the first time you get up from the bed after surgery or after few days in bed.

- Sit before standing to prevent dizziness
- Do wear slippers or shoes with no-skid soles.
- Do report spills on the floor to staff.
- Do secured electrical cords and ensure out of the way
- Do fasten seat belt when you are in wheelchair
- Do ensure bed side rails are up when you are transferred from unit
- Do ask staff to place needed items like your water, telephone, and so on where you can reach them.
- Do lock your brakes of the wheelchair before sitting down or standing up.
- Do use bedpan/urinals when you feel weak rather than walking to wash room.

DON'T'S

- Don't get up alone when you feel weak or dizzy.
- Don't get up alone if, you have taken medications that cause dizziness.
- Don't walk in your bare feet or socks.
- Don't hold on to the bedside table for support, if it is on wheels.
- Don't get up from the wheelchair if, the brakes are not securely locked.
- Don't get in or out of bed if, the wheels are not locked.
- Don't climb over the side rails.

Falling can have bad effects on your health. Injury from a fall can lead to losing your independence. A fall can be very serious, especially if you have just had surgery or you have an illness. This document tells you how to reduce your risk for falls and what to do if you fall.

In the hospital: When you're in the hospital, it's important to do what the health care staff tell you to do. This is for your safety. For example, to reduce your risk of falling, you may be asked to call for help to get out of bed or a chair. You should use your call light and wait for help to arrive. You may be asked not to get out of bed or walk by yourself until the staff make sure you can do so safely.

Falling can have bad effects on your health. Injury from a fall can lead to losing your independence. A fall can be very serious, especially if you have just had surgery or you have an illness. This document tells you how to reduce your risk for falls and what to do if you fall.

In the hospital: When you're in the hospital, it's important to do what the health care staff tell you to do. This is for your safety. For example, to reduce your risk of falling, you may be asked to call for help to get out of bed or a chair. You should use your call light and wait for help to arrive. You may be asked not to get out of bed or walk by yourself until the staff make sure you can do so safely.

You also should take a good look around your hospital room. Become aware of your surroundings. Awareness reduces your chance of falling. Certain factors increase your risk of falling in the hospital. Below is a list of risk factors and ways to reduce your risk.

Medicines: The side effects of medicine may increase your risk of falling. Talk to your nurse or doctor about the possible side effects of any medicines you take.

Some medicines may affect your mental or physical state. For example, pain medicines can make you drowsy and weak. Be very careful when you walk after taking these medicines. Sit on the side of the bed for a minute before you get up to walk.