

# 住院與居家預防跌倒須知

## Preventing Falls in Hospital and at Home

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Falling is one of the most common accidents to occur in patients and elderly people during hospitalization. These accidents result in injuries ranging from minor grazes, contusions, bruises and hematomas, to severe fractures, concussions, or even coma. In order to reduce the chances of falling, one needs to have a better understanding of how to prevent falling.

### ■ Patients at High Risk for Falling

- greater than 65 years old
- history of falling
- unsteady gait
- anemia or orthostatic hypotension (positional change Causes a drop in blood pressure and dizziness)

- taking drugs that affect consciousness or activities (e.g. diuretics, analgesics, laxatives, sedative hypnotics, cardiovascular drugs, and muscle relaxants etc.)
- malnutrition, weakness, or dizziness
- visual impairment including high myopia or presbyopia etc.
- consciousness disturbance such as loss of sense of direction, agitation, or confusion etc.
- sleep disorders
- physical dysfunction
- receiving intravenous injections
- recovering after surgery

### ■ Fall Prevention Policy During Hospitalization

- Patients recovering from surgery, taking sedative hypnotics, feeling dizzy, or those with unstable blood pressure, should sit on the edge of the bed for a moment before getting out of bed. If they are not in any discomfort, then they should get out of bed with the help of family members or nursing staff.

- When patients require any assistance and no family members are present, please press the call bell to contact the nursing staff immediately.
- In case of emergency whilst using the toilet, please press emergency button in the toilet to notify nursing staff.
- Patients who are physically weak, unable to stand upright, or have dizziness should not insist on getting out of bed and use bedpan or urinal instead.
- If the patient needs to get out of bed, including going to the restroom, family members should be **close by at all times** to give a helping hand when necessary.
- When patients are agitated, anxious, or unconscious, please pull up the bed rails and seek assistance from healthcare professionals.
- Keep the height of the bed low enough that both feet can reach the ground at all times and pull up the bed rails. The bed rails should be pulled down before getting out of bed instead of jumping over it.

- If the floor is wet please inform nursing staff immediately to prevent slipping.
- Please keep personal items stowed in the cabinet in order to keep the aisles unobstructed.
- Wear suitable clothes and slip resistant shoes. Please do not go barefoot or wear socks only.
- Wards should be kept brightly illuminated except for special medical needs.

## ■ [Methods for Preventing Falling at Home](#)

- The house should be brightly lit, avoid too much glare. Aisles should be kept brightly lit at night.
- Floors should be kept dry. Personal belongings arranged neatly in order to keep the aisle sunobstructed. The extension cord should be well hidden or fixed. Sliding carpet should be avoided. Uneven surfaces on the ground should be distinguished using bright colors.
- Handrails and slip-resistant floors should be installed in bathrooms and staircases.

- Make sure that furniture are firm/stable and avoid the ones with wheels. Chairs and beds should not be too high, too low, or too soft.
- Common items such as glasses, teacups etc. should be placed in easily accessible areas.
- Change positions slowly and hold onto the handrail to avoid falling due to dizziness or instability.
- Exercise regularly in order to enhance the flexibility and endurance of the musculoskeletal system.
- Maintain flexibility of joints and keep them warm in order to prevent stiffness or weakness.
- Walking aids and crutches should be made from strong materials and attention should be paid to how to use them correctly. Don't be embarrassed or find it troublesome to use walking aids.
- Do not take medications without doctor's prescription.

## ■ How to Handle Falling at Home

- Check the head for injuries, assess consciousness and the appearance and function of the limbs.

- Treat initial wounds and seek medical attention when necessary.
- In cases of unconsciousness, massive bleeding, or fractures etc., call the ambulance immediately.
- Seek help and do not attempt to carry fallen patients back onto their beds alone in order to prevent secondary injury.

[Should you have any inquiries related to fall prevention, please contact our staff anytime.](#)

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We will be more than happy to assist you.  
Sincerely, Cathay General Hospital.