
MOVING AROUND SAFELY IN HOSPITAL

KEEPING OUR PATIENTS SAFE

Patients in hospital are at an increased risk of falling due to their illness, surgery and unfamiliarity with the environment.

While you are at Cabrini staff will talk to you about safety and how to minimise your risk of falling.

Falls occur in patients of all ages, regardless of their usual activity level.



FALLS IN HOSPITAL

Your risk of falling in hospital can be increased due to:

- your illness, injury or the impact of surgery
- confusion or memory problems
- being disorientated in an unfamiliar place
- poorly fitting footwear
- changes in toileting needs due to illness, medication, fluids or dietary changes
- poor balance or mobility
- medications which may cause you to feel drowsy or dizzy
- poor eyesight.

Most falls in hospital occur when patients are moving around, including:

- making their way to or from the bathroom unassisted
- getting out of bed
- reaching for personal items
- within bathroom or toilet areas
- walking in unfamiliar surroundings particularly at night
- not using your usual walking aid.

TALK TO US

Please tell a staff member if you:

- are worried about falling
- have had a recent fall or have fallen in hospital in the past
- feel dizzy or unwell
- need help moving around, showering or dressing
- have problems with your balance
- need help getting to the toilet
- don't feel safe or comfortable moving around.



SAFETY TIPS

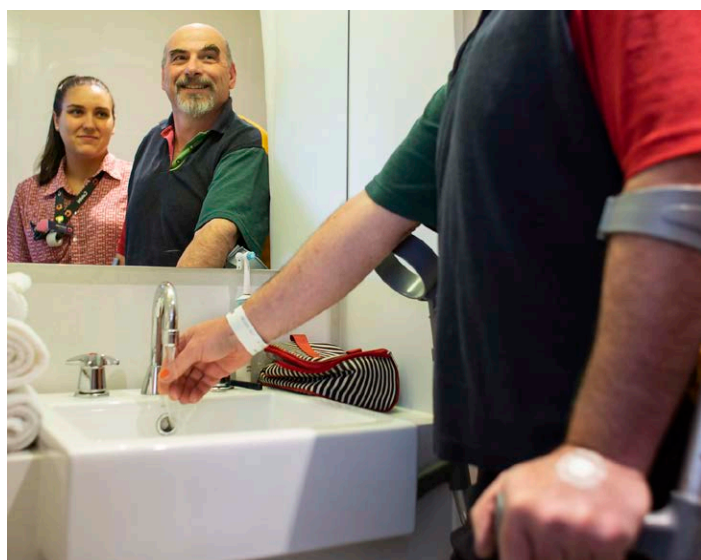
Tips for moving around safely:

- Check with a staff member if it is safe to move around on your own
- Use your call bell to ask staff for help
- Keep personal items within easy reach including call bell, phone, glasses etc.
- Use a walking stick or frame if this has been recommended for you
- Wear supportive, shoes with non-slip soles
- Do not walk in socks or surgical stockings
- Stand up slowly from sitting or lying down
- Wear your glasses and/or hearing aids (if required)
- Be alert for any spills or obstacles – if you do notice anything, tell a staff member as soon as possible

Bathroom safety tips:

- A staff member may need to stay with you for your safety in the bathroom. You can ask them to turn their back for privacy.
- Sit down to shower and use the rails to get up off the shower chair or toilet.
- If you need help moving around, use the call bell in the bathroom and remain seated until your nurse or another staff member arrives.

If you do have a fall, do not attempt to get up on your own. Press the call bell if in reach, call out and wait for help.



A MESSAGE FOR FAMILY, CARERS AND VISITORS

We know that family members and carers often support patients within their home environment. In hospital, patients are at greater risk of falling.

Families, carers and visitors can help in hospital by:

- Providing well fitting footwear and encouraging the patient to wear this when out of bed.
- Ensuring the patient has access to their glasses / hearing aids if these are generally used.
- Using the call bell to seek staff assistance before the patient moves out of bed.
- Informing staff of any changes in the patient's usual behaviour (e..g. confusion)
- Ensuring belongings and the call bell, are within reach.
- Ensuring there is no adjustment to patient equipment such as chairs and beds. The position of bed rails must never be altered.

Please speak to a staff member for further information.

WHEN YOU GO HOME

It is important to consider how you can reduce your risk of falling at home. The team caring for you may:

- Give you an information sheet 'Post fall care and fall prevention at home' (please ask for a copy if you are interested).
- Recommend that you use rails or equipment to help you move around safely at home.
- Refer you to a Falls Prevention Program, such as Cabrini's Falls and Balance Program (please call 9508 1700 for more information) or another service in the community.

If you would like any more information on how you can prevent falls at home, please speak to a member of your healthcare team.