



# Safe mobilisation

**How to reduce falls in hospital**

**i** Important information for all patients, relatives, carers and visitors.

Adapted with kind permission from NHS Tayside.

## About this booklet

The purpose of this booklet is to advise about simple measures that can be taken to reduce the chance of patients falling whilst in hospital.

Being in hospital does not mean that people will not fall. By working together, we can help reduce the chance of it happening. Remember the hospital is not as familiar to the patient as their own home.

## How you can help while you are in hospital

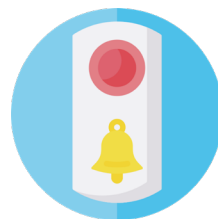
- Discuss any problems you have with walking and anxieties about falling.
- Make sure your call bell is at hand. Use this to call for help to move around the ward.
- Wait for staff to assist you.
- Take your time standing up from a chair and getting out of bed.
- On waking, if able, have a cold drink before rising.
- Wear light-weight, well fitting shoes / slippers.
- Use your walking aids at all times.
- Use your spectacles and hearing aid if needed.
- Keep your spectacles clean and ask staff to assist you if necessary.
- Make sure your room is well lit before getting up.



## How your relatives, carers or visitors can help

Please can you:

- bring in any walking aids, spectacles or hearing aid which have been left at home;
- ensure that the patient has sufficient clothes and well fitting shoes/slippers;
- share any information with staff about falls the patient has had previously;
- place the nurse call-bell near to the patient as you leave;
- ensure the patient realises when you are leaving;
- put your chair away when you leave;
- avoid moving furniture or leaving things lying about, for example bags; and
- advise a member of staff immediately if fluid gets spilled.



The use of bed rails will be agreed between the patient, relative and nursing staff following the appropriate clinical and risk assessments.

If you have any concerns, or wish further information, please approach any member of nursing staff.

## How members of staff will help you

- By listening and acting on your concerns.
- With the patient's consent, sharing information on assessments and progress.

Remember: unfortunately, despite all preventative measures in place, some patients remain at risk of falls.

**All of our publications are available in different languages, larger print, braille (English only), audio tape or another format of your choice.**

我們所有的印刷品均有不同語言版本、大字體版本、盲文（僅有英文）、錄音帶版本或你想要的另外形式供選擇。

كافة مطبوعاتنا متاحة بلغات مختلفة و بالأحرف الطباعية الكبيرة و بطريقة بريل الخاصة بالمكفوفين (باللغة الإنكليزية فقط) و على شريط كاسيت سمعي أو بصيغة بديلة حسب خيارك.

Tha gach sgrìobhainn againn rim faotainn ann an diofar chànanan, clò nas motha, Braille (Beurla a-mhàin), teip claidinn no riochd eile a tha sibh airson a thaghadh.

हमारे सब प्रकाशन अनेक भाषाओं, बड़े अक्षरों की छपाई, ब्रेल (केवल अंग्रेज़ी), सुनने वाली कसेट या आपकी पसंदनुसार किसी अन्य फॉरमेट (आरूप) में भी उपलब्ध है।

我們所有的印刷品均有不同語言版本、大字体版本、盲文（仅有英文）、录音带版本或你想要的另外形式供选择。

ਸਾਡੇ ਸਾਰੇ ਪਰਚੇ ਅਤੇ ਕਿਤਾਬਚੇ ਵਗ਼ੈਰਾ ਵੱਖ ਵੱਖ ਭਾਸ਼ਾਵਾਂ ਵਿਚ, ਵੱਡੇ ਅੱਖਰਾਂ ਅਤੇ ਬ੍ਰੇਲ (ਸਿਰਫ਼ ਅੰਗਰੇਜ਼ੀ) ਵਿਚ, ਆੱਡੀਓ ਟੇਪ 'ਤੇ ਜਾਂ ਤੁਹਾਡੀ ਮਰਜ਼ੀ ਅਨੁਸਾਰ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ ਵੀ ਮਿਲ ਸਕਦੇ ਹਨ।

ہماری تمام مطبوعات مختلف زبانوں، بڑے حروف کی چھپائی، بریل (صرف انگریزی)، سنے والی کسٹ یا آپ کی پسند کے مطابق کسی دیگر صورت (فارمیٹ) میں بھی دستیاب ہیں۔

: 0141 951 5513

**Please call the above number if you require this publication in an alternative format**

