

# Preventing Falls

Information for carers, relatives  
and visitors

Shining a light on the future



## **Introduction**

This leaflet gives help and advice when visiting a relative or friend in hospital.

If you have any questions please speak to a member of staff who will be happy to answer any questions you may have.

## **Falls Prevention and Advice**

- If you consider a patient is at risk of falling or has had a previous fall, please tell the nurse in charge of the ward. In this way falls can be addressed and prevented whenever possible.
- Please let staff know if the patient usually has difficulty at home with tasks such as standing up from a chair, walking, dressing and using the toilet. Inform staff if they have difficulty being able to maintain their own safety at these times which may result in a fall.
- Following multidisciplinary assessment, a care plan will be agreed to address risk factors that may lead to a fall. In this way falls can be prevented whenever possible.
- Care Staff will be made aware if the patient has a visual / spatial awareness difficulty, or has difficulty with memory that may necessitate a staff member to prompt the patient to use a walking aid or to assist the patient to walk to promote safe mobility at all times.
- Please tell a member of staff if the patient is usually unable to remember information and may forget to use their walking aid.
- Please tell a member of staff that you are leaving.

## **Talk to us**

**In the interest of everyone's safety, please tell a member of staff if you see a potential hazard in the ward, such as:**

- Spills of liquid on the floor.
- Trailing wires / cables.
- Obstacles around the bed area.
- Any other hazard that may lead to a patient fall.

**If you have any comments or suggestions on safety issues, please let the nurse in charge know. Thank you.**

**Don't be worried about asking staff for assistance**

**We are here to help**



Further information about the content, reference sources or production of this leaflet can be obtained from the Patient Information Centre.

This information can be made available in a range of formats on request (eg Braille, audio, larger print, BSL, easy read or other languages). Please contact the Patient Information Centre  
Tel: 0191 223 2545

Published by the Patient Information Centre  
2016 Copyright, Northumberland, Tyne and Wear NHS  
Foundation Trust

Ref, PIC/679/0416 April 2016 V2

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Review date 2019



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