

How you can reduce your chances of falling in hospital



Tell a member of staff if you have had a fall especially if it occurred recently.



Sit upright for a few moments at the edge of your bed to get your balance before standing up.



Do not use any furniture to lean on or to help you walk - most hospital furniture is on wheels and may move unexpectedly.



Switch on lights or report any poor lighting that makes your vision difficult.



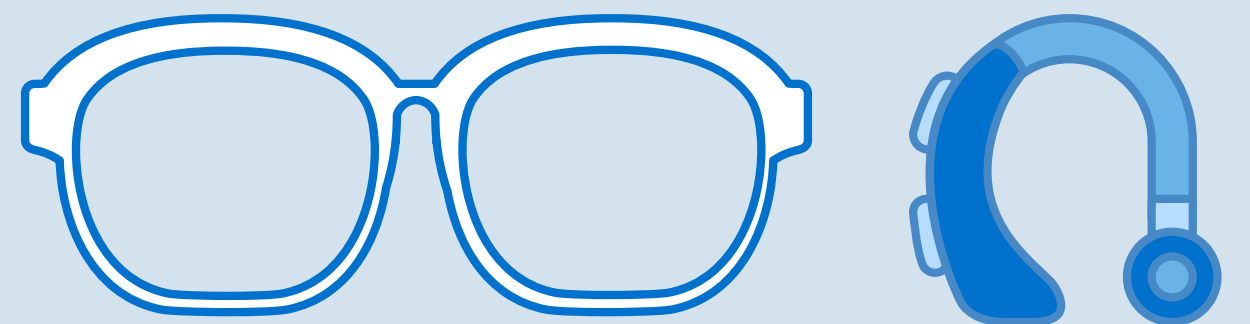
If you have painful or swollen feet or ankles tell a member of staff. A bigger pair of footwear may be required and medication prescribed to reduce swelling.



If you suffer with dizziness take extra time and care when moving from lying to sitting, or sitting to standing and when bending down or reaching up.



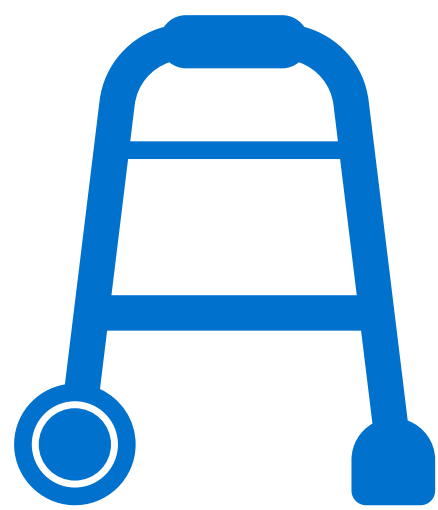
Be careful of equipment that may be in your way. Remove any clutter or obstacles around your bed or chair to reduce the risk of a trip.



Make sure you wear your hearing aid and glasses, which should be working, clean and worn as prescribed. (If you wear bifocals or varifocals be extra careful when looking down, negotiating steps, stairs and uneven surfaces).



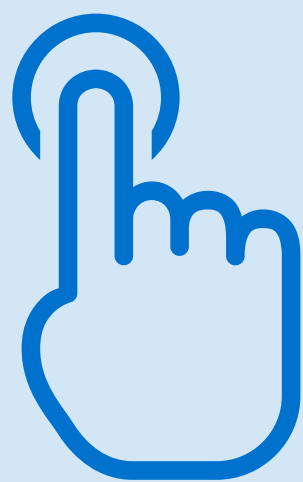
Please wear your shoes or slippers but make sure that they are close fitting especially around the back. Do not wear just socks as you may slip.



Make sure your walking aid is close at hand. Make sure you feel safe and balanced before you start to walk using it correctly as advised by the Physiotherapist, and take your time.



Take care if you have long or loose night clothing especially if the material is shiny and slippy. And make sure you do not trip over loose bedding.



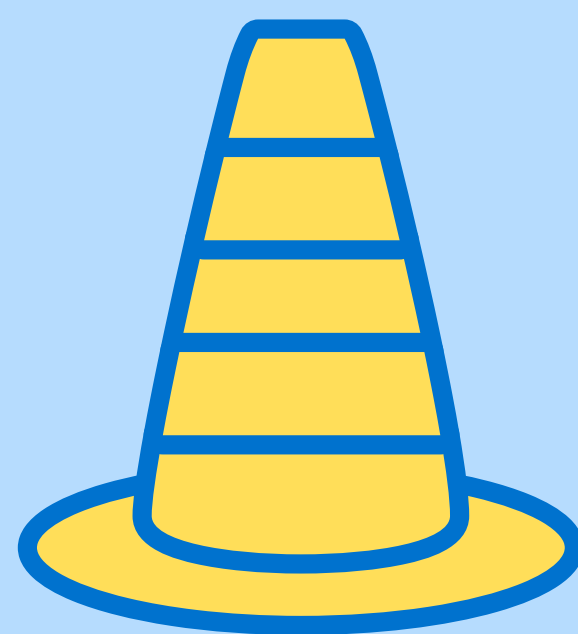
Have assistance from a staff member to move and walk if this is advised. Use the call bell to get help.



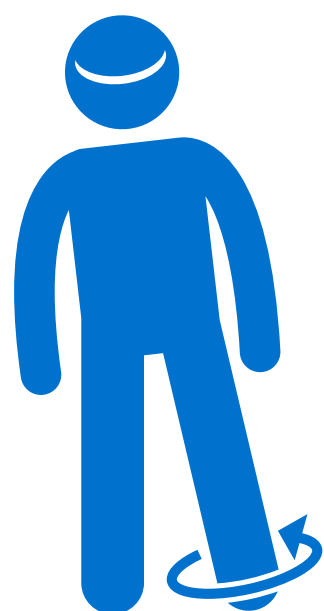
If you need to use the toilet at night tell the nurse. A commode next to your bed may be provided.



If you usually have help dressing tell the nurse.



A yellow sign or cone will alert you to wet flooring. Report and avoid wet flooring until it has dried.



To improve your circulation, muscle strength and reduce joint stiffness, do some simple leg exercises before getting up from your bed or chair (see below).

Beware of glare from wet floors or on a sunny day as this may affect your ability to see affecting your balance.



Don't be worried about asking staff for assistance. We are here to help.



Follow general health and wellbeing advice, eating a balanced diet and make sure you have enough to drink.

Leg exercises whilst sitting



- 1.** Slowly lift your foot and circle your ankle. Aim for six circles with each foot.
- 2.** Slowly lift your leg out in front straightening your knee. Hold for a few seconds. Aim for six with each leg.
- 3.** Slowly lift your knee up towards your chest and down again. Aim for six lifts with each leg.