

Preventing falls at the James Paget University Hospital



[Patient Information](#)

Information for patients who are at increased risk of falling

A fall can result in serious injury or possibly in broken bones. Many falls can be prevented. We care about your safety and want to prevent you from tripping/falling.

The information in this booklet may prevent you falling in hospital. Please read the booklet and if you have any queries please speak to one of the nurses on the ward.

You may be at risk of falling if you:

- Have fallen before and/or have a fear of falling.
- Get dizzy or light headed when you stand or turn.
- Have had a procedure/surgery on this admission.
- Have difficulty walking or rising from a low chair.
- Have reduced eyesight, reduced hearing or poor balance.
- Suffer from depression or memory problems.
- Suffer from medical conditions that may affect your muscles, nerves or balance.
- Require medical treatments such as blood transfusions and chemotherapy.
- Are over the age of 65.
- Take four or more medicines (side effects of certain medicines can cause dizziness, drowsiness).
- Wear poorly fitting footwear.

Preparing for your admission to hospital

How can you help yourself and prevent a fall in hospital?

- Wear your glasses and/or any hearing aids.
- Bring in all your medications in the original boxes.
- Bring in any walking aids such as walking sticks, frames etc. - these need to be named.
- Ensure your clothing does not trail on the floor.

Bring in shoes/slippers that:

- Are well fitting, with backs on them (avoid mules, flip-flops or sling backs).
- Are low heeled with a non-slip sole.
- Have no hanging laces.



For those that are having knee/hip replacement surgery

Your slippers may not fit after surgery due to swelling, so it may be helpful to bring in an additional pair that are a size bigger.

If you are admitted to hospital as an emergency and do not have any family/friends to bring in suitable footwear, please inform the ward staff who will provide some non slip socks.

What to expect in hospital

We ask that when you are walking that you wear suitable, well fitting footwear.

In hospital you will have:

- A falls assessment on admission which will determine whether you are at risk of falling.

It is important that you fully answer any questions. Please give staff as much information as possible. If you are deemed to be at risk, with your consent, you will be given a blue wristband to wear, and this will be identified on your bed board to alert staff of this.

Your care planning documentation will include falls prevention. Additional safety measures may also need to be implemented and these will be discussed with you.

Bedrails information

Bedrails, sometimes referred to as 'cot sides' or 'safety sides' are fitted to the sides of the bed. They can be used to prevent you from falling out of bed if you have had anaesthesia following surgery.

Their use can restrict your ability to get in and out of bed independently, and injuries can occur. It is for these reasons bedrails are not used routinely.

A full assessment will be carried out by staff and discussed with you.

Whilst in hospital:

Most patients fall because they do not ask or wait for assistance.

- Every two hours a member of staff will be checking you have your bell within reach.
- Press your call bell if you need assistance to get in/ out of bed or to walk to the bathroom.
- Press your call bell if you need to get up and can't reach your walking aid.
- If you feel dizzy, weak, or drowsy when you stand up tell a member of staff and wait for assistance before you walk.
- Report any spillages to a member of staff immediately.
- Tell staff if you have any concerns about your medications. A doctor may review your medication whilst in hospital.



If you have any questions/concerns please feel free to discuss these with a member of staff.

Before leaving hospital:

If deemed necessary, you may be assessed by a Physiotherapist and/or Occupational Therapist to review your mobility and equipment needs to help reduce risk of falls.

The therapists can refer, with your consent, to the Community Falls Prevention Service if needed. Doctors can also request, via a discharge letter, for the GP to refer to the Community Falls Prevention Service.

Useful Contact Numbers

JPUH Social Care Department	01493 452123
Royal Osteoporosis Society www.nos.org.uk	0808 800 0035
Age UK www.ageuk.org.uk	0800 678 1602
Age UK Norwich www.ageuk.org.uk/norwich	01603 496333
Carers UK www.carersuk.org	0808 808 7777
JPUH Family Carer Support	07880 429372
Suffolk Family Carers www.suffolkfamilycarers.org	01473 835477
Norfolk Family Carers www.norfolkfamilycarers.org	01603 219924
East Coast Frailty Prevention Service https://frailty.ecch.org/	01502 445445
Norfolk Community Health and Care	01603 697300

Your Feedback We want your visit to be as comfortable as possible - talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve it, then ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care.

OUR VALUES

Proud of the Paget

Collaboration

We work positively with others to achieve shared aims

Accountability

We act with professionalism and integrity, delivering what we commit to, embedding learning when things do not go to plan

Respect

We are anti-discriminatory, treating people fairly and creating a sense of belonging and pride

Empowerment

We speak out when things don't feel right, we are innovative and make changes to support continuous improvement

Support

We are compassionate, listen attentively and are kind to ourselves and each other

Before leaving please complete a Friends and Family Test feedback card.

Help us transform NHS services and to support patient choice.



The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

For a large print version of this leaflet, contact PALS 01493 453240

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© September 2011 Revised July 2024
James Paget University Hospitals NHS
Foundation Trust
Review Date: July 2027
NU 31 version 6