

# Preventing a fall during your stay

We hope to answer your concerns, but if you have any more questions please ask a member of staff

We know that the following factors could increase your risk of falling so we will ask about them and make some suggestions to help prevent you from falling.

## **Have you had one or more falls in the last year?**

Having one or more falls over the last year puts you at risk of further falls. It is important for you to let the nurse/doctor know if you have fallen in the last year and are concerned about falling so we can assess the cause and risk factors.

## **Are you dizzy on standing?**

If you feel dizzy when you stand up: stop, sit down and let the ward staff know (e.g. press your call bell). Do not attempt to continue walking, and be careful what furniture you lean on; furniture in health care environments often have wheels on.

## **Hearing or seeing issues?**

Hearing and visual impairments increase your risk of falls (balance, not seeing hazards or obstacles). We recommend you ensure you have your hearing aids and glasses with you, you wear them and ensure they are in good condition and are clean. Make sure you take time to orientate yourself to the ward.

## **Any continence issues?**

Urinary and bowel problems can result in rushing to/from the toilet, affecting confidence and dignity. Speak to the nursing and medical team to discuss any concerns you may have.

## **How is your memory?**

Medications, tiredness and symptoms can affect your attention and concentration. It is really important you know where you are and where places like the toilet are on the Ward. If you or your family are concerned about your memory or tiredness then please let the team know as a matter of urgency. Walking when you are not sure where you are going can lead to fatigue (excessive tiredness) and falls.

## **Can you reach the call bell or pull cord?**

Always ask and ensure your call bell or pull cord is within your reach. Pressing/pulling this buzzer can ensure that staff can come to assist you to/from your bed/chair/bathroom; to offer you support and reassurance.

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### **How is your appetite?**

Maintaining hydration and nourishment is important for your overall wellbeing, blood pressure and energy. Please inform a member of staff if you struggle or are concerned about eating and drinking and we can review this with you.

### **What do you wear on your feet?**

It is really important for you to wear footwear which fits your feet correctly and has good grip. We recommend you wear non-slip socks if you have problems with your footwear not fitting.

### **Please use your walking aid.**

It is strongly advised you always leave your walking aid and your call bell in easy reach to you. If you are concerned about your walking / balance, or your walking aid, please let someone know as soon as possible and you can be reassessed.

### **What else can I do?**

Simple exercises:

Prior to getting up from your chair, bed, toilet it is good to do some simple exercises and check in you have followed the advice above and you are orientated to your surroundings.

- Tighten and release the muscles in your thighs and calves a couple of times and march your legs up and down lightly, as you are able a couple of times.
- Point your toes up and down a few times keeping your feet safely on the floor.

When standing: Sit for a few seconds before standing, then take time to stand slowly and safely to your walking aid, alternatively press/pull your call buzzer and wait for help.

- S      SENSORY: Do your glasses and hearing aids fit OK and in good condition?
- T      TIME: Take your time to orientate yourself to the ward and the task about to be undertaken.
- O      OBSTACLES: Are your walkways clear, well-lit and free of hazards? Ask for help if needed.
- P      PREVENT: Falls can be prevented, please ask for assistance or assessment if you have any concerns about falling.

With your consent, a referral can be made for an assessment with our Enablement Team if there are any concerns identified.

This leaflet is updated regularly. For the most up to date information please visit <https://loros.co.uk/our-care>.

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In cases of comments or complaints, please contact:

Chief Executive, or Director of Care Services, LOROS, Groby Road, Leicester LE3 9QE or, Care Quality Commission, East Midlands Office, Citygate, Gallowgate, Newcastle Upon Tyne NE1 4PA

If you would like this information in another language or format, please telephone 0116 231 8435 or email [info@loros.co.uk](mailto:info@loros.co.uk)

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Hospice Care for Leicester, Leicestershire & Rutland

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