Keeping moving in hospital

If you have been given a mobility aid, please continue to use this in hospital. If you feel you would benefit from a mobility aid, our physiotherapist can assess you for walking aids, such as a stick, walking frame or outdoor mobility aids. They can give advice before you are discharged, and also offer things to improve balance and strength.

We would encourage you to move around the ward if you can. It is important to avoid sitting for long periods of time as this can make you weaker and lose muscle strength.

You can ask your healthcare team on the ward for advice or to speak to our physiotherapist for information on keeping moving in hospital.



Further information

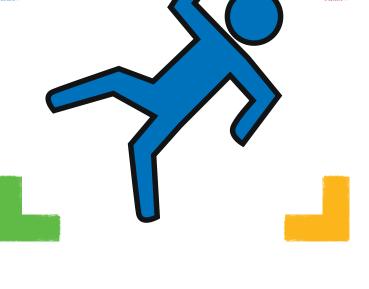
The following websites have lots of information about how to reduce your risk of falls:

The NHS website

Age UK www.ageuk.org.uk

The Royal Society for the Prevention of Accidents www.rospa.com/home-safety/advice/falls-prevention

If you require a copy of this information in any other format or language please contact your line manager or your healthcare worker at the Trust.



Reducing your risk of falls in hospital



South West

NHS Foundation Trust

Yorkshire Partnership

This leaflet gives you information about what can cause a fall and how you can prevent them from happening during your stay with us in hospital. If you have any questions, or are worried about your risk of falls, please speak to a member of staff on the ward.

Being in a different place to where you live can increase the risk of falls.

If you have a history of falls, or are worried about falls, tell a member of our team. You can use a call bell to ask for help with moving around the ward or ask staff about aids which can help.

You can also try and make sure the area around you is clear of slip or trip hazards. Always let a member of staff know if you see something that needs attention.

Physical health

Moving around

Standing up too quickly might cause you to become unsteady or dizzy. Once you are stood up, pause for a minute before walking. Sometimes marching on the spot while you are sat down can help to reduce dizziness when standing up.

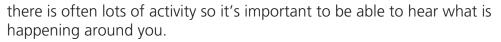
If you need to get to the toilet quickly or have to get up in the night, this can increase the risk of falls. Make sure your environment is well lit, take your time standing up and call for help if you need it.

Vision

Reduced vision can increase our risk of tripping and falling. Always wear clean glasses.

Hearing

Wear hearing aids in hospital if you need them. Hospitals can be busy and



Clothing and footwear

Wear good supportive footwear. Worn-out or sloppy footwear contribute to falls. Footwear should be supportive and have a good grip. Look after your feet – long toenails, corns and callouses can affect your balance. Your clothes should fit well, for example long trousers could cause you to trip.

Food and drink

It is important to drink water throughout the day to stay hydrated and prevent falls. Try to drink around 6 to 8 glasses per day.

Pain management and medication

Drinking alcohol or taking drugs increases the risk of falls at any age, for example if you use them to help with sleep or pain. If pain is affecting your sleep or concentration speak to a member of staff.

You should also talk to our staff if you have any side effects from your medication, such as dizziness or drowsiness. They can advise if this could increase your risk of falls.

Mental wellbeing

Your mental wellbeing can also have an impact on your risk of falls. Worrying or feeling anxious about falling is normal and understanding the changes you can make to reduce the risk of a fall can help.

- Depression can impact on your attention, concentration and planning
- Dementia can change your ability to recognise objects, distance and space
- Delirium can affect balance and muscle strength
- A learning disability can cause complex health needs
- A neurological condition such as Parkinson's disease, stroke, ataxia or brain injury can affect balance and blood pressure.



