

Patient-Preventing Falls in Hospital

How can Patients prevent falls in hospitals?

While doctors and nurses provide the best treatment, a sudden fall can cause serious harm and trauma to the patient. In spite of several measures taken by the hospital, patient falls are reported as high as 53% in Indian hospitals

As a patient and caregiver, you can help prevent falls by:

1. **Use the Call button near your bed** and avoid attempting to move or walk alone if you are feeling weak, dizzy, or unsteady. Do not hesitate to ask for help from your caregiver or attendant when you need to move. Do not lower the side guards of your bed when getting off.
2. **Get out of bed slowly in three steps:** First, sit up then sit on the side of the bed, only then stand up. At each step pause for a few seconds before you start walking.
3. **Wear non-slippery footwear** such as rubber-soled slippers. If the hospital is providing slippers make sure they are non slippery. Take time to wear your footwear properly. Do not walk in socks or barefoot.
4. **Use Handrails or any other support** when moving around in the hospital, along corridors and stairways to maintain balance and stability. Use walking aids such as a walking stick, walker if necessary.
5. **Ensure Safety** the side rails of your bed are raised, belts should be clasped firmly around you while on the stretcher or wheelchair during motion. Make sure the staff put the safety belt around you.
6. **Keep the surroundings clutter-free** and clear your bed area and bathroom of any buckets, devices or any obstacles that may cause you to trip or slip.
7. **Follow the doctor's instructions:** on mobility precautions as some medications and treatments may make you vulnerable to falls.

To know more:

- [How can Patients prevent falls in hospitals?](#)
- [What happens if you slip and fall in a hospital](#)
- [What can you do to reduce your risk of falling?](#)

Source: IJPH, 2019

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