



ST LUKE'S CARE

— PRIVATE HOSPITAL —

FALLS PREVENTION

Falls prevention is an essential aspect of keeping you safe while at St Luke's Care. Falls are a common injury while in hospital due to a patient's weakened state and the unfamiliar surrounds of the hospital.

Our staff will work with you and your family on developing falls strategies depending on your condition, but below are the general processes we employ to help reduce the risk of falls while in our care.

What we do to keep you safe

We'll talk with you about your fall risk, how much assistance you will need moving around and ways to prevent falls in hospital.

We will also:

- ❖ Conduct a room orientation on arrival (communication systems, light switches, storage, bathroom, bed features, patient information).
- ❖ Ensure you can reach the call bell beside your bed.
- ❖ Explain and encourage you to use the call bell system whenever you need help.
- ❖ Advise you if you should or shouldn't be moving around unaided.

What you can do to help us keep you safe

- ❖ Tell staff if you are worried about falling, don't feel safe moving around, have recently fallen or have fallen in a hospital before.
- ❖ Inform staff if you are feeling unwell or dizzy as well as if you find yourself urgently needing to go to the bathroom.
- ❖ If your care provider has explained that you are not to move around without assistance, please adhere to their instructions.
- ❖ Wear supportive non-slip shoes or slippers.
- ❖ If you have walking aids, glasses or hearing aids, ensure you bring them to hospital and always keep them close by you.
- ❖ Get up slowly when sitting or lying down.
- ❖ Be alert for any spills or obstacles.
- ❖ Sit down to shower and use the rails to get up off the chair or toilet.
- ❖ Remain seated in the bathroom and use the call bell if you need help moving around.
- ❖ If you are getting out of bed unaided, ensure you turn the light on.
- ❖ If you are experiencing confusion, which can often occur after a procedure, having a family or friend with you is often helpful. If this is not possible, our staff will check on you regularly.