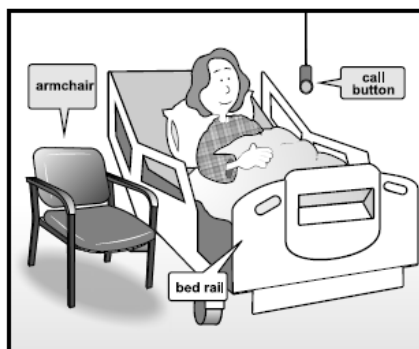


# Reminder on Fall Prevention for Hospital Inpatients

## 1. General instructions on Fall Prevention for Hospital Inpatients

Multiple tools are available on your bedside to prevent fall during hospitalization.



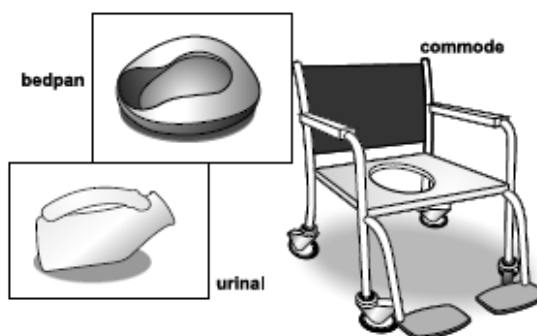
The consequences of fall may lead to bruises, bleeding, pain, fracture and even causing death.



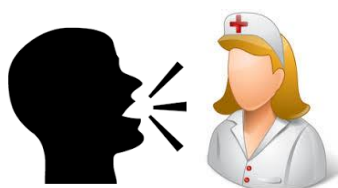
If patient is identified with high fall risk, an alert signage will be posted above the patient's bed head to remind medical staff and relatives for assistance when needed.



The following items can assist patient to have regular toileting on bedside during night time when patient is mobility impaired.



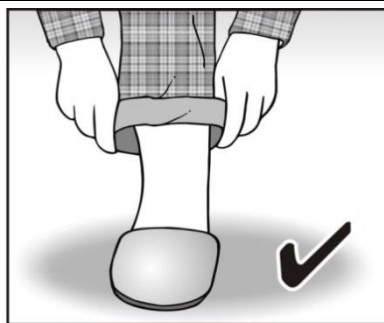
Please report to any healthcare professionals if patient suffer from falling or near falls at any circumstances.



## 2. Be cautious with the followings:

### Before leaving bed

- Roll up oversized sleeves and trouser legs.
- Sit up on bed slowly to let the body to adapt the changes in posture
- Well-fitting footwear and avoid slip socks
- For assistance if needed, please use the call button



### During walking

- Use walking aid when necessary
- Use handrail when available
- Please call for help and assistance if loss of balance



### After toileting



- If patient feel dizzy or weakness in lower limbs, please use the call button and wait for assistance



## 3. Things patient should NOT do to prevent fall:

### Walk with socks only



<p>Use bedside table, drip stand or furniture as mobility aids</p>	
<p>Climb over bedrail or take off from the end of bed</p>	
<p><b>4. Instructions for patients' relatives and friends on patient's fall prevention</b></p>	
<ul style="list-style-type: none"> <li>• Inform healthcare professionals for patient's fall history, medication history and drinking history</li> <li>• Bring along patient's usual walking aid, anti-slip shoes, hearing aid and eyeglasses etc.</li> <li>• Remind patient to follow the activity and mobility instructions of healthcare professionals</li> <li>• If needed, you can check with healthcare professionals for referral of occupational therapist, in aiming to assess and reduce any home environmental fall risks</li> </ul>	