

Hospital Fall Prevention

Fall prevention is so important because a fall can lead to serious impact on you, such as:

Physically

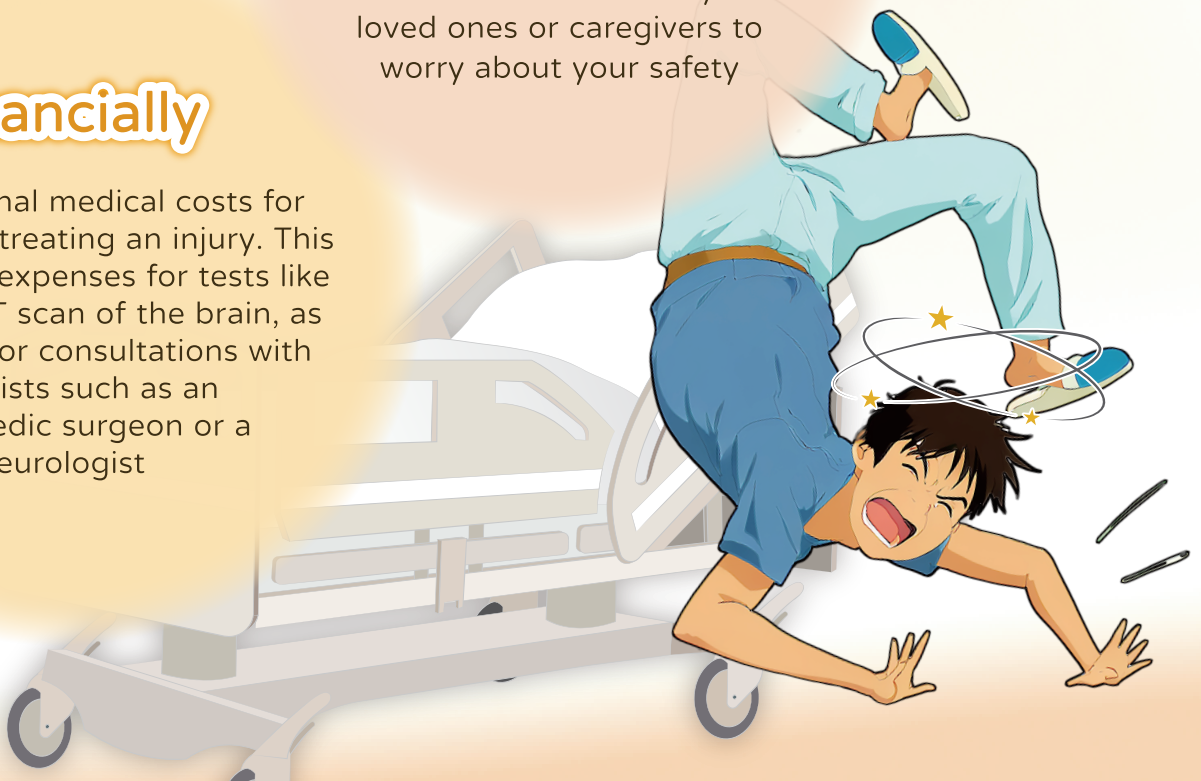
- Injury to surgical wounds or deterioration of medical conditions
- Bone fractures (like a broken hip)
- Head injuries or even death

Psychologically

- Diminished self-esteem resulting in a loss of self-confidence
- A fall can also cause your loved ones or caregivers to worry about your safety

Financially

Face additional medical costs for diagnosing or treating an injury. This could include expenses for tests like X-rays or a CT scan of the brain, as well as fees for consultations with specialists such as an Orthopaedic surgeon or a Neurologist



Common Causes of Fall



Overestimating Ability

A patient was admitted due to recent dizziness. She felt better after admission and believed she was well enough to walk to the toilet on her own. She fell while attempting to walk to the toilet without assistance.

Getting out of bed alone after an operation

A patient believed that he had fully recovered from the effects of the anaesthesia. He decided to get out of bed without assistance, resulting in a sudden weakness in a both legs, causing him to fall.



Side Effects of Medication

A patient has just taken his medications. One of the medicines has the side-effects of causing dizziness and weakness. He fell whilst walking on his own.

Feeling embarrassed for being helped

A patient was assisted to the toilet by a staff. After finishing, he felt embarrassed about cleaning himself and adjusting his clothing in the presence of a female staff. He stood up from the toilet seat without calling the staff. He suddenly felt dizzy and fell.



We Are Pleased To Assist You



♡ Please stay in bed and press the call bell anytime you need help

♡ Please inform our staff for assistance whenever you need to use the washroom, bedpan, or urinal

♡ We will look after your walking aids, and our staff will assist you when walking

♡ Please ask our staff whenever you need help reaching for your belongings



♡ Please scan the QR code to watch our fall prevention video

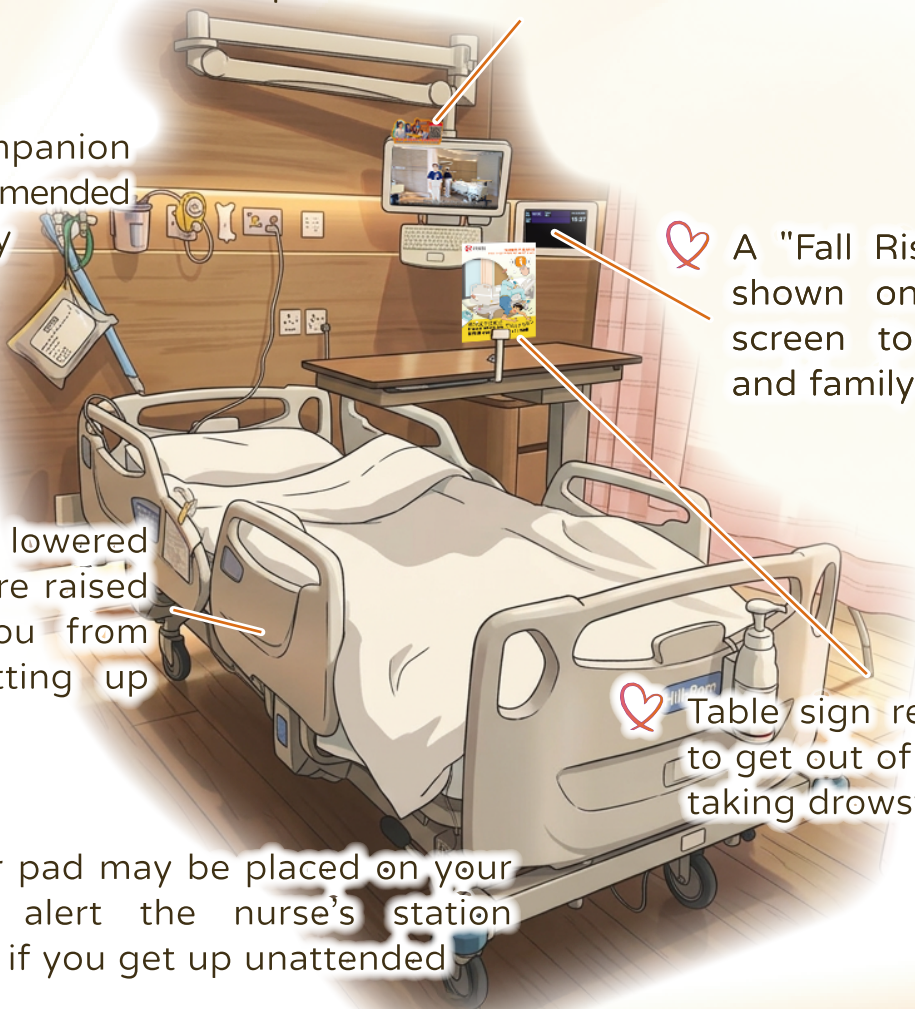
♡ Family companion highly recommended for your safety

♡ A "Fall Risk" sign will be shown on your bedside screen to alert patients and family members

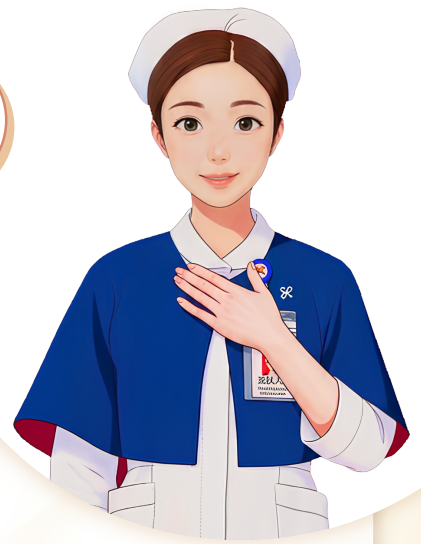
♡ Your bed is lowered and bedrails are raised to prevent you from falling or getting up alone

♡ Table sign reminds you not to get out of bed alone after taking drowsy medications

♡ A sensor pad may be placed on your bed to alert the nurse's station instantly if you get up unattended



Your Safety is Our Focus



For Patients:

- ♡ We are happy to assist. Please ask for help.
- ♡ Don't be shy about using the call bell. Use it even if you just feel a little unsteady.
- ♡ Listen to our nurses. If they advise you to stay in bed, there is a good reason for it.
- ♡ Wait for help. Please wait for a staff member to arrive before getting up.

For Family & Caregivers:

- ♡ Your presence and support are invaluable.
- ♡ Please remind your loved one to call for help if they need to get up.
- ♡ If you need to step away briefly, please inform the nurse in charge.



**Hospital, patients, and families,
unite for zero falls !**