

Twelve Tips for preventing Falls

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Tip 1. For getting out of bed, you should first sit on the edge of the bed and put your feet on the floor for a few minutes, and then get out of bed with the help of your family.

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Tip 6. When the patient you take care is restless or unconscious, please pull up the two bedside rails, restrain and protect the patient.

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Tip 8. Please wear anti-slip shoes; do not walk barefoot.

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Tip 2. When you are alone and need help, please ring the call bell to call help.

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Tip 3. When the floor is wet, please inform the nursing staff to prevent accidental fall.

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Tip 7. Do not wear oversized clothes.

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Tip 9. Keep wards and hallways bright as far as possible.

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Tip 4. Put staff on the bedside desk cabinet to keep the pathway clear. Keep items you use frequently (such as call bells, toilet paper, urinals ...) in easy-to-grab spaces.

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Tip 5. If you need to get out of bed, please inform the caregiver, do not put down or climb over the bed rail by yourself.

Take Safety Measures to prevent falls and protect you from injuries.



Tip 10. The correct way to get out of bed: get out of bed from the side of your healthy part of body. For example, if you are paralyzed on the right side of the body, you should get out of bed from the left side of the bed.



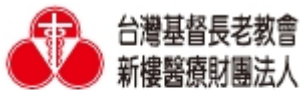
Tip 11. Get assistance when using the toilet. Do not stand up by yourself. If there is an emergency, please ring the emergency bell.



Tip 12. Use the toilet before going to bed to reduce your night-time trips to the toilet.

Who are most likely to fall?

- People older than 65
- Unattended patients
- Patients who have fallen down history
- People who walk unsteadily
- People who suffer from anemia or postural hypotension
- People taking medications that affect their consciousness or activities (e.g. diuretics, analgesics, laxatives, sedatives, sleeping pills, cardiovascular medications)
- People suffering from malnutrition, weakness, dizziness
- People suffering from a disturbance of consciousness (loss of orientation, restlessness, confusion, etc.)
- People who suffer from sleep disorder
- People who suffer from limb dysfunction



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