

What can I do to protect myself from injury if I fall?

- **Ask us about wearing hip protectors.**

Falls are the most common cause of broken hips. Broken hips can reduce a person's ability to manage at home. Most people who break their hip never regain their mobility and activity level.

Hip protectors can protect you from breaking your hip. They are underwear, shorts, or pants with special padding on the sides that protect your hips in a fall. They are comfortable, easy to put on, and even easy to sleep in.

- **Ask us about wearing a head protector.**

This lowers the chances of a serious head injury in case you hit your head in a fall. The soft, padded cap absorbs the shock to the head. A chinstrap holds the cap in place.

- **Talk to your doctor about taking Calcium and Vitamin D.**

Calcium and Vitamin D supplements work together to help build bone strength and improve your balance.

- **Exercise 2 to 3 times every day.**

Regular exercise, even when in bed, helps maintain muscle strength and improves bone health.

- **Get up and moving as soon as we say you can.**

Moving about will keep you strong and get you home sooner. Sit in the chair for meals. Walk to the bathroom.

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This information does not replace the advice given to you by your healthcare provider.

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To order: patienteduc.fraserhealth.ca



Your Guide to Reducing Falls and Injuries in Hospital

As a patient in the hospital, you are at risk for falling and hurting yourself.

Here are some ways you, your family, and friends can help reduce your risk.



Why do people fall in the hospital?

People are more likely to have a fall while in the hospital for a number of reasons such as:

- Spending time in bed weakens muscles.
- Being in a different environment and having different daily routines can be confusing.
- Changes in health and/or medications can change thinking and memory as well as balance and coordination.
- Feeling there is no need to ask for help or feeling you should not ask for help when needed.

Common myths about falls

Myth: All falls and injuries can be prevented.

Truth: Safety measures can only reduce your chances of a fall and/or an injury.

Myth: I don't fall at home. If I do, I never hurt myself so I won't fall in the hospital.

Truth: Any changes in your health condition increase your chances of falling. Also, hospital floors are concrete, making it more likely that you could hurt yourself if you fall.

Myth: Using a restraint will stop a person from falling.

Truth: Restraints **do not** stop falls from happening. Restraints can result in serious injury.

Myth: The care team is responsible for preventing **all** falls and **all** fall-related injuries.

Truth: When you, your family, and the care team work together, we can lower the chances of your falling and hurting yourself.

How can I reduce my chances of falling?

Bathroom: Falls commonly happen when going to the toilet. Ask for help, use the handrails, and take your time (**do not** rush). Staff will stay with you when needed.

Room furniture: Use your walking aid to move around your room instead of relying on furniture as support.

Belongings: Keep your personal items, call bell, and walking aid within easy reach. Send home items you do not need.

Vision and hearing: Wear your glasses and hearing aids. Make sure that they are working and clean.

Footwear: Wear low heeled, supportive walking shoes or non-skid socks. Do not wear loose or slippery footwear.

Bedside rails: Keep at least 1 bedside rail down. Falls are not stopped by having all bedside rails up. In fact, it increases the chances of a more serious injury from climbing over the bed rails or out the end of the bed.

How can I get out of bed safely?

- Use your call bell to get help if you need it or feel unsure. Please be patient and wait for help to arrive.
- Sit on the bed for a minute before you stand up. Standing up quickly can make you dizzy.
- Put on your non-slip footwear before you stand up.