

Preventing Falls

A guide for patients
and families



The fall cycle

Preventing a fall in the first place, not only reduces the likelihood of an unnecessary injury but also works to remove the fear of falling so you can continue to do the things you enjoy with confidence.



Hibiscus Coast

2a John Dee Crescent, Whangaparaoa
09 421 9180
hibiscushouse@harbourhospice.org.nz

North Shore

7 Shea Terrace, Takapuna
09 486 1688
northshore@harbourhospice.org.nz

Warkworth/Wellsford

47 Morrison Drive, Warkworth
09 425 9535
tuihouse@harbourhospice.org.nz

www.harbourhospice.org.nz

Harbour Hospice prioritises patient safety and values the importance of patients, families, carers and friends working together to prevent falls.

By understanding the risk factors, we can work together to prevent potential harm caused by falling.

Some patients are at a higher risk of falling for various reasons, including;

Confusion

It's easy to become confused when you're in unfamiliar surroundings such as Hospice.

Changes in your condition

These may make you feel weak or unsteady on your feet.

Medication

This can make you feel drowsy or cause changes in vision.



How to reduce the risk of falling as a patient?



- Be aware of potential hazards including catheter bags, syringe pumps or any other equipment that might trip you



- Consider using a walking aid. Please ask if you think one would be helpful



- Be aware that some clothing and footwear can cause you to slip or trip



- Avoid rushing to the bathroom; try to leave yourself plenty of time



- Get up slowly; sit on the edge of your bed or a chair for a moment before standing up.

Reducing risk when in the Inpatient Unit

- Please don't hesitate to ring your bell if you would like some help, at any time, day or night
- Familiarise yourself with your room, toilet facilities and other areas you may use
- Consider asking to leave a light on at night.

How family and friends can help prevent falls?



- Be aware of spills so that they can be cleaned up promptly



- Ensure that your loved one has non-slip socks, shoes or slippers, that fit firmly



- If they wear glasses, ensure that they are nearby and are clean



- Check that dressing gowns and pyjamas are done up properly and not likely to trip them up



- Help to keep rooms tidy and free of clutter and tripping hazards
- Help keep important belongings within easy reach.

Reducing risk when in the Inpatient Unit

- Help us to orientate your loved one to their surroundings and encourage them to use the call bell
- Check that the call bell is in easy reach when you leave the room and tell the nurses when you are leaving.

Reducing risk at home

- Add railings on stairs and grab bars in the bathroom and toilet
- Ensure good lighting, especially on stairs.