

# Falls - Staying steady and safe in the Inpatient Unit

We have designed this leaflet to let you know about some of the preventative measures that can be taken to reduce your risk of falls during your stay in the Inpatient Unit.

There are many factors that can increase a person's risk of falling, such as treatments and fatigue caused by illness. Being in an unfamiliar environment is also known to increase the risk of a fall, which is why staff on the Inpatient Unit will ask you questions and develop a plan to help you stay steady and be safe while you are here.

## What can cause a fall?

- Having an illness that can affect mobility or balance.
- Having had a previous fall(s).
- Mobility issues – particularly if you need to use a walking aid.
- Type of footwear – loose, ill-fitting footwear can be hazardous.
- Vision and hearing – an unfamiliar environment can be more hazardous if you cannot see or hear properly.
- Medications – that may make you more tired and affect your ability to safely move about.
- Memory problems - remembering to call for assistance if you are not very steady.

## What Farleigh can do while you're here

The main thing we can do is help you identify what the risks of you falling are. Being aware of risks means that you can adopt strategies to stay steady and be safe.

- **If you are forgetful, staff will be extra vigilant in making sure you use the right aid / level of support when you are moving around.**
- **There are techniques that you can use when moving about to stay steady and be safe – staff can show you these and, if necessary, refer you to a Physiotherapist for further assessment.**

### On the Inpatient Unit

People are more likely to fall if they are reluctant to ask for help.

If you are unsteady, please use the buzzer available (there is one in each room) to request staff supervision before you begin to move around.

### How staff can support you while you're on the Inpatient Unit

If you are likely to fall:

- **Staff will try to find you a room situated close to the nursing station.**
- **A referral to our Physiotherapist for an assessment can be made to try and increase your safety.**
- **Staff can provide sensor mats that alert staff when you are moving about in the room. These are used if it has been recognised that you forget to use the buzzer to request help.**
- **Staff will ensure that the floor in your room is free from trip hazards and that the lighting is right to enable you to get up and move about. The cleaning staff will put up yellow warning signs if the floor is wet to prevent slips, however, please inform us if you notice any trip hazards.**

### Comments

We are always pleased to hear any comments about the services we are providing. Your feedback helps us to maintain a high standard of service and we are really keen to hear from you. You can also complete our feedback survey via our website.

Please visit: [www.farleighhospice.org/feedback](http://www.farleighhospice.org/feedback)

### Useful Numbers:

General enquiries: 01245 457300

Inpatient Unit (IPU): 01245 457361

Advice Line: 01245 455478 (8am - 8pm)