

Falls Prevention Task Group

Happy Valley
Hong Kong Sanatorium & Hospital
2 Village Road, Happy Valley, Hong Kong
Falls@hksh.com
www.hksh.com



Falls Prevention



Contents

Preface	3
A. Common Causes/Risk Factors of Falls	4
B. Falls Prevention at Ward	5
C. Falls Prevention at Toilet and Shower Room	12
D. Falls Prevention Tips: Clothing and Footwear	16
E. Falls Prevention at Home	17
F. Falls Prevention with Professional Team Support	18
G. A Quiz on Falls Prevention	19

Preface

Patient Safety Begins with Falls Prevention

Falls incidents are common but often overlooked. More than causing bruises, scratches and pain, the impact of falls can be physical and psychological: not only can they impair one's body function and self-care ability with joint dislocation, bone fractures, etc., but they can also affect one's self-confidence and self-esteem.



Most of the patients and their family members only come to realise the severe consequences of falls incidents and the importance of falls prevention AFTER the accidents. HKSH adheres great importance to patient safety, especially falls prevention. Experience tells us that falls can happen again and again in the absence of proper preventive measures and support. As a guide on falls prevention during hospital stays and after discharge, this booklet aims to reduce falls incidents and enhance patient safety by raising falls awareness in the public.



A. Common Causes/Risk Factors of Falls



Behaviour:

- Impatient and careless
- Tend to overestimate one's ability
- Low safety awareness
- Obsessed with retaining self-independence
- Try not to be a burden to others



Deterioration of Physical Function:

- Blurred vision
- Hearing impairment
- Slow coordination and response
- Poor balance



Medicinal Side-effects:

- Feel dizzy, prone to fall
- Lethargic
- Less alert
- Slow or unstable movement



Joint and Gait Problems:

- Slow coordination and response
- Poor balance

B. Falls Prevention at Ward

Falls Prevention Measures

For patients who are weak, confined to bed, disoriented and after anaesthesia

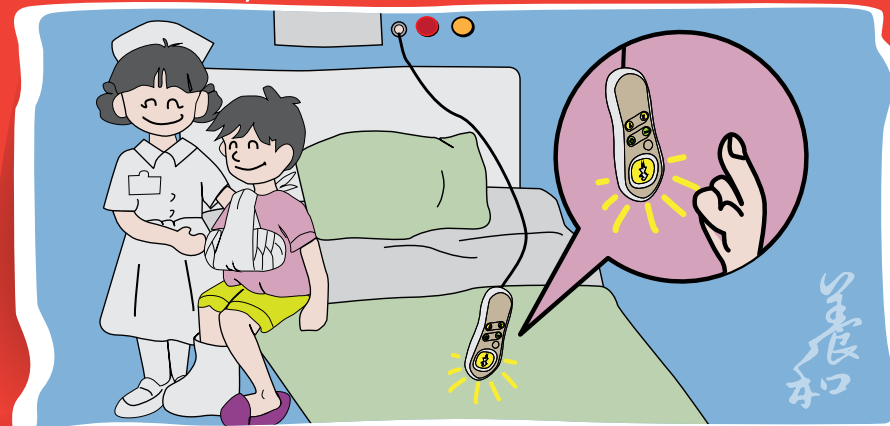
1. The following signs remind (a) patients not to leave bed on their own/
(b) family members not to help patients leave bed for safety reasons.

絕對臥床休息
COMPLETE
BED REST

臥床休息
BED REST

2. Patients should only get up in the presence of medical personnel/companion after surgery/anaesthesia.

術後跌倒風險增 有人扶助才起身
FOR SAFETY, WAIT FOR HELP BEFORE GETTING UP



3. Bed sensor pad are placed in bed when necessary.



4. Medical personnel can provide assistance whenever alarmed by patients leaving bed.



Falls Risk Level Reminders

Proper Care by Named Nurses after Falls Risk Assessment

1. Use of wrist tags for falls risk level identification



2. Use of falls risk level signs

★★

Medium Risk of Fall
中度跌倒風險

1

病人不可自行離床
 Don't leave the bed without help

2

如需協助，請按叫人鐘
 Press the call bell if you need help

3

必須等候護理人員前來
 Wait for our healthcare professionals for assistance

CSG-087/14-15-02-032021

★★★

High Risk of Fall
高度跌倒風險

1

病人不可自行離床
 Don't leave the bed without help

2

如需協助，請按叫人鐘
 Press the call bell if you need help

3

必須等候護理人員前來
 Wait for our healthcare professionals for assistance

CSG-087/14-15-02-032021



Falls Prevention Tips

- ✔ Only leave bed after assessment by medical personnel.



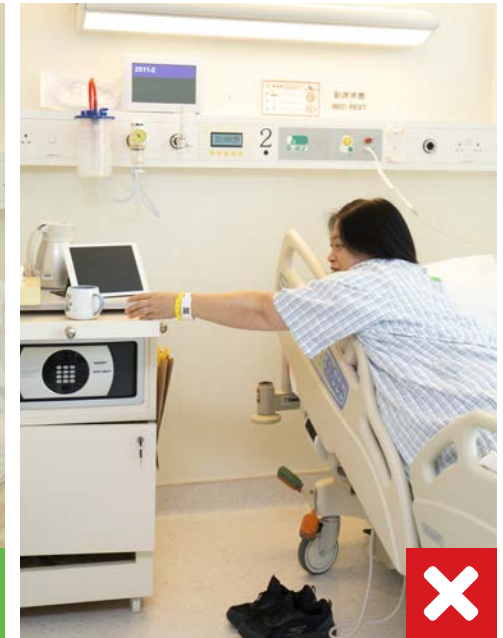
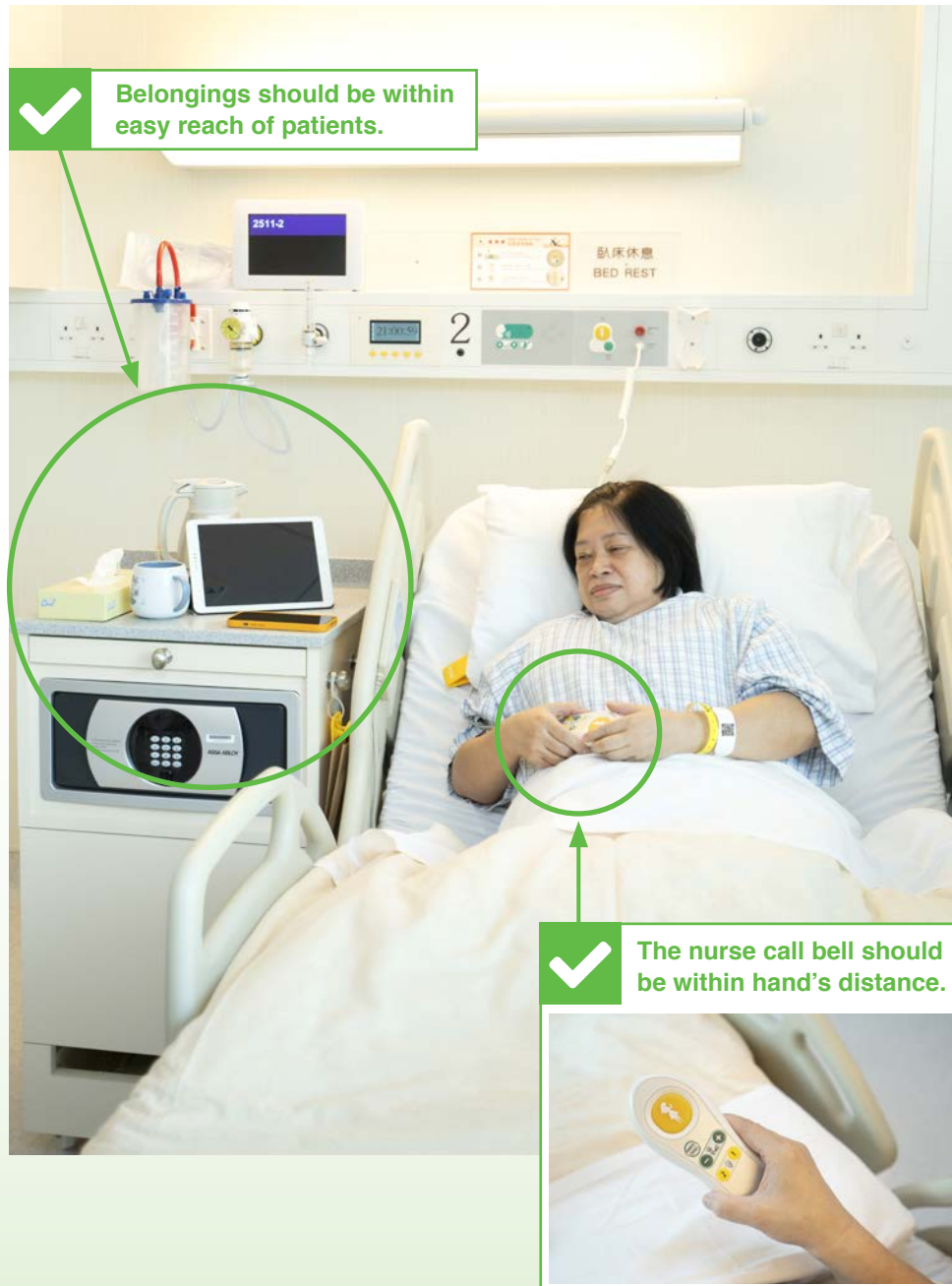
- ✔ Do not leave bed when you feel dizzy or weak after surgery.



- ❗ Do not climb over the railing.
Press the call bell when in need of assistance.



✔ Do not reach for objects over the handrail. Press the call bell for assistance.



! Do not leave bed on your own when connected to equipment.



C. Falls Prevention at Toilet and Shower Room

Falls Prevention Measures

Beware of Slippery Floor!

Handrail Support
To help patients stand up from the toilet.



Shower Chair (Better seek assistance from medical personnel during hospital stay)
To avoid accidents during shower

Nurse Call
To allow patients to call for immediate assistance during emergency.

To prevent falls, keep the floor dry!
Call for assistance whenever necessary.

Falls Prevention Tips

✓ Seek assistance when you need to use the toilet.



Stay still if you feel unwell.



Press the call bell immediately for assistance.

慎防跌倒
Avoid Falls!

-  如感不適，切勿移動
Stay still if you feel unwell
-  請保持原來位置
Don't move
-  按叫人鐘
Press the call bell
-  必須等候護理人員前來協助
Wait for our healthcare professionals for assistance





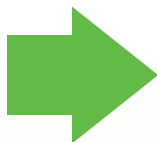
Wait for assistance from healthcare professionals.

- ✔ Use commode chair/urinal with assistance from nursing personnel during hospital stay.

Proper Use of Commode Chair



Get off bed with assistance from healthcare professionals.



Sit still and press the call bell for assistance. Do not leave the commode chair on your own.



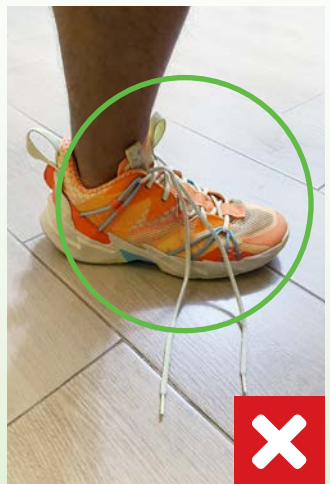
Return to bed with assistance from healthcare professionals.

D. Falls Prevention Tips: Clothing and Footwear

- ✓ Wear fitting clothes. Easy walking with not-too-long trousers.



- ✓ Tighten shoelaces. Wear laceless, non-slip and shock-absorbing shoes.



E. Falls Prevention at Home

- ✓ Remove unnecessary objects and rubbish on the floor. Keep walkways clear.
- ✓ Keep your objects in order.



- ✓ Keep walking surfaces dry, i.e. no water and oil.
- ✓ Tape cores and wires next to the wall.



- ✗ Do not use cloths as floor mats.



- ✓ Use non-slip mats.



F. Falls Prevention with Professional Team Support

Attending Doctor



Nursing Team



Physiotherapists



Occupational Therapists



To Patients and Families:
Let's work together to prevent falls.

G. A Quiz on Falls Prevention

1. What should you do when you feel dizzy after toileting?

- A. Stay still and press the call bell for assistance.
- B. Return to bed as quickly as possible. Then press the call bell.
- C. Try not to bother the nurses. Return to bed with the help of family members or carers.

2. When I need to use the bedside commode chair, what should I do?

- A. Get on bed on your own after use.
- B. Press the call bell and wait for assistance from nurses.
- C. Use it under the assistance of family members or carers.

3. What should I do if I feel dizzy and weak after surgery?

- A. Disconnect the equipment and leave bed.
- B. Leave bed under the assistance of family members or carers.
- C. Stay in bed and rest.

4. I feel drowsy after taking sleeping pills. But I want to go to the toilet. What should I do?

- A. Use a commode chair/urinal.
- B. Leave bed and go to the toilet on our own.
- C. Go with your family members or carers.

5. What does the "Complete Bed Rest" sign mean?

- A. The patient is free to get off bed and move.
- B. The patient can leave bed under the assistance of family members or carers.
- C. The patient should rest in bed as per doctor's instructions. Press the call bell when in need of assistance.

Answers: 1. A 2. B 3. C 4. A 5. C