

Contact Details:

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Available Mon - Fri 9am – 5pm

We aim to provide the best care for every patient. So, we would like your feedback on the quality of the care you have received from the Hospital.

Please visit: <http://ratenhs.uk/IQu9vx>

Or scan QR code:



Falls Prevention Team Working together to reduce your risk of falling in hospital



Patient Information Leaflet

This leaflet will provide you with advice on how to be alert to potential dangers and what to do to avoid them.

Helping to minimise the risk of falling or tripping whilst in hospital.





Tell the team looking after you if you have fallen in the last year, are worried about falling, or have a history of falls.



Check your call bell is in reach and let us know if you need help to walk or move about.



Wear your glasses and hearing aids and ensure your nurse is aware that you have them with you.
Ask for help if you are having trouble seeing or hearing us.



Be familiar with your bedside environment.
Ask for clutter to be moved if your path isn't clear.



Drink regularly and eat well!



Wear footwear that isn't worn, ideally with a flat sole and back that fits well and can't fall off. Let us know if you need us to provide you with some slipper socks.

Do some simple leg exercises before getting up from your bed or chair:



1. Point your toes and release a few times.
2. Tighten the muscles in your calves and release.
3. Lift your legs up and down to increase circulation.



Be careful when you stand up and please do not rush. Push up from the arms of the chair. Pause before you move on. If you feel dizzy, unwell or unsteady, sit down.



Use your walking frame or stick when moving about. If you don't have your usual aid, please ask for assistance.



Do not use the hospital furniture or drip stands to help you walk. They have wheels and are not safe to support you.



When using the bathroom, the light switch is on the wall outside and there is a call bell inside. If you normally have a raised toilet or rails, please let us know.