



Preventing Falls In The Hospice



KILBRYDE HOSPICE

Information for Patients, Families & Carers

Are you at risk of falling?

Patients can be more vulnerable to falls as they are unwell on admission to the Hospice. There are many reasons why people fall.

The main causes are problems with:

- Medication – this can make you unsteady or drowsy
- Poor eyesight or visual impairment
- Memory – you may forget where you were
- Toileting – needing to rush to the toilet can make you unsteady
- Balance and mobility problems
- Loose or ill-fitting footwear can make you stumble and fall

We will assess you to reduce your risk of falling whilst within the hospice

- On admission, all patients will have a falls risk assessment carried out.
- A care plan will be agreed with you, your carer/relative and ward staff
- We will familiarise you with your new surroundings
- We will check your blood pressure when you are lying down and then standing up. This may identify a drop in your blood pressure that can make you feel dizzy or light headed when you stand up. .
- We will review your medication
- We will assess your balance and mobility and provide you with exercises and/or a walking aid if required.
- We will promote a safe environment
- We will inform other staff members of your falls risk

What can you do to reduce your risk of falling while you are in the hospice?

- If you need assistance to walk, always inform a member of staff.
- Tell a member of staff if you are having difficulty walking or if you have problems with your balance
- Always use your walking aid and have it close to you to avoid overstretching.
- Take your time to stand up, especially in the morning.
- Inform staff if you feel dizzy or light headed.

- Always wear your glasses and keep your glasses clean.
- Wear properly fitting shoes, slippers or slipper socks and wear any splints or shoe raises you have been supplied with.
- Keep belongings near to you, as overstretching may cause you to fall.
- Ensure you do your exercises as instructed by the physiotherapist.
- Ensure you eat a balanced diet including foods rich in calcium.
- If you are worried about falling in your own home environment speak to a member of staff as early as possible.

What can your carers, relatives or visitors do to reduce your risk of falling while you are in the Hospice?

- Avoid crowding your locker / bedside table with items as this can result in spilled drinks
- Report any spills immediately
- Avoid wearing any loose fitting or trailing nightwear
- Bring in your glasses and/or hearing aids
- Remove your dirty laundry as required
- Bring in your shoe raises or splints

Before leaving the room, your visitors should remember:

- To ensure the call bell is beside you
- To ensure chairs are returned to avoid trip hazards
- If you use a bedrail, ensure the bedrail is put back into position.

Whilst every effort is made to prevent falls, they do still happen.

Evidence shows that falls can be reduced when an individual's risk of falls are assessed and action taken on them.

Encouraging mobility is an important part of many people's recovery process; therefore we balance your safety with the need for rehabilitation.

We strive to maintain your dignity, privacy and independence at all times.

If you have any concerns please speak to a member of staff.

About Kilbryde Hospice



Kilbryde Hospice is a voluntary independent hospice which exists to provide specialist palliative care to patients with life limiting progressive illnesses and to their relatives and carers. Services provided by Kilbryde Hospice are available to those people with palliative care needs. The service is provided free and does not discriminate on the basis of race, colour, faith, national origin, disability, sexual orientation, age or financial means.

We would like to hear from you!

We take all compliments, comments and complaints about our service seriously and deal with them in confidence. Kilbryde Hospice welcomes feedback on any of our services which can be submitted by post, or on our website.

www.kilbrydehospice.org.uk or by Email: info@kilbrydehospice.org.uk

Contact Us

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Registered Scottish Charity No. 032424

Registered Company No. SC224366

Should you feel that your complaint has not been resolved by Kilbryde Hospice, you may contact Healthcare Improvement Scotland regarding services delivered within Kilbryde Hospice or within a person's own home.

Healthcare Improvement Scotland, Gyle Square, 1 South Gyle Crescent, Edinburgh EH12 9EB, Telephone 0131 623 4300

www.healthcareimprovementscotland.org

Kilbryde Hospice aims to communicate effectively with all patients and carers. This document is available in braille format for those who are visually impaired. A translated version is also available for those whose first language is not English.

To facilitate this service, please call 01355 202020, or Email your request to info@kilbrydehospice.org.uk