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Fall prevention









To deliver intelligent and holistic medicine and to provide the best healthcare
Compassion Quality Innovation Accountability

All information above has been reviewed by Neurology specialists
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What is a fall?

Refers to any place, under any circumstances, regardless of whether there is an "unexpected" fall or slide on the ground that causes bodily harm, including having to sit slowly on the ground due to limb weakness or inability to support.

Risk factors for falls

<p style="text-align: center;">Fell before or admission for falling</p> 	<p style="text-align: center;">Irritation</p> 
<p style="text-align: center;">Poor visibility to affect daily life</p> 	<p style="text-align: center;">Go to toilet very often (frequent urination or diarrhea)</p> 
<p style="text-align: center;">Ask for assistance to displacement and activity by yourself</p> 	<p style="text-align: center;">non-slip shoes</p> 



(Image source:http://ehis.vghtc.gov.tw/nursing/nursing/evaluation/fallInstruction/fallInstruction_zh-TW.html?q=7&stationBed0)

How to prevent falls

Environment

Adjust the bed to the lowest position and fix the brakes. Try to prepare double-sided bed rails or protective equipment, and pull up the double-sided bed rails when lying in bed.



(Image source:<https://www.ilong-termcare.com/Article/Detail/1521>)

Note that the indoor and outdoor environments are bright and the floor is kept dry; the bathroom should have appropriate anti-skid facilities and handles, and no debris should be placed in the passageway.



(Image source:<https://tw.pixtastock.com/illustration/33030253>)

Use assistive devices for getting out of bed, such as crutches, walkers, wheelchairs, and braces.



(Image source:https://zh.pngtree.com/freepng/hand-draw-blue-wheelchair-illustration_4727591.html)

You can use a bathing chair when taking a bath, and install handrails next to the bathroom sink and toilet.



(Image source:<https://xsj.699pic.com/sou/matongfushou.html>)

If the medical equipment in the ward is damaged or inconvenient to use, please notify the medical staff immediately to deal with it.

What caregivers and patients need to know

Arrange for family and friends to accompany you.



(Image source:<https://zh.lovepik.com/images/1123245.html>)

The daily necessities of the case are placed within easy reach.



(Image source:https://zh.pngtree.com/freepng/cartoon-cute-simple-daily-necessities-small-element-creative-vector_7025399.html)

The caregiver sleeps close to the bed so that the patient can call.



(Image source:<https://zh.lovepik.com/image-401408188/father-and-child-sleeping-together.html>)

Instruct caregivers to accompany them 24 hours as much as possible. If you need to leave for a short time, be sure to arrange the patient properly and inform the nursing staff.

Observe and record the functional level of physical activity. If the patient needs assistance in activities, he or she should be accompanied by a companion.



(Image source:<http://616pic.com/sucaivo9ij6n3g.html>)

Instruct caregivers and cases that if they are exhausted but have to get out of bed to go to the toilet, they must be accompanied by the caregivers throughout the process, or use the call bell to seek assistance.



(Image source:<https://cn.ui-123.com/post/4a0c7af9.html>)

Do not wear overly long under wear, and wear shoes with covered uppers and non-slip soles.



(Image source:https://www.16pic.com/vector/pic_4448071.html)

Get out of bed gradually when getting up and moving, first sit up and rest for 3 minutes, then sit on the edge of the bed for 3 minutes, confirm that there is no dizziness, and then get out of bed accompanied by a caregiver.

Conclusion

Falls will not only cause injury but may also affect the quality of life. Preventive measures for inpatients' falls require the cooperation of patients, caregivers and medical teams to make patients aware of the danger of falls and the importance of preventing falls. Only by participating in preventive measures can we truly prevent falls happened.



References

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Let's take a test to confirm that you have a thorough understanding.

1. A fall refers to an "unexpected" fall or slip on the ground in any place and under any circumstances, regardless of whether it causes physical injury or not.
Yes No Have no idea
2. Risk factors that may cause falls include: seeking medical treatment due to falls, agitation, poor vision, affecting daily life, needing to go to the toilet frequently (frequent urination or diarrhea), needing assistance for self-transposition and movement, taking drugs that are prone to falling, and dizziness.
Yes No Have no idea
3. When hospitalized, in order to facilitate the patient's movement out of bed, the bed rails on both sides do not need to be pulled up.
Yes No Have no idea
4. To care for patients who are prone to falling, it is necessary to arrange for relatives and friends to take care of them, and to place items within easy reach. The caregiver must sleep close to the hospital bed so that the patient can call easily, and wear non-slip shoes with upper coverings during activities.
Yes No Have no idea
5. When getting up and moving, you should get out of bed gradually. First sit up and rest for 3 minutes, then sit on the edge of the bed for 3 minutes. After confirming that you are not dizzy, you should be accompanied by a caregiver to get out of bed.
Yes No Have no idea