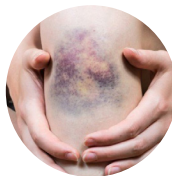


CONSEQUENCES OF FALLS



Pain



Bruising /
Haematomas



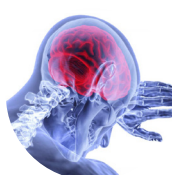
Scratches and
Lacerations



Fractures



Spine
Injuries



Head
Injuries

INDIVIDUAL RISK FACTORS



Age



Environmental
Risk Factors



Poor Lighting



Uneven
Surfaces



Slippery
Floor



Inappropriate
Foot Wear



Someone who
has had a recent
fall (last 6
months)



Someone with
unsteadiness
and difficulty
walking



Refuse to
call for
assistance



History
of Stroke,
Parkinson's
disease



Those
with poor
vision and
dizziness



Someone who is taking
more than 4 prescription
medications
(especially psychotropic and
antihypertensive medications)

WHAT TO DO IF YOU HAVE A FALL?

DO NOT PANIC!

DO NOT ATTEMPT
TO GET UP BY YOURSELF!

CALL FOR HELP!

Thomson Hospitals Sdn. Bhd. (478738-A)

11, Jalan Teknologi, PJU 5, Kota Damansara,
47810 Petaling Jaya, Selangor Darul Ehsan, Malaysia.
T +603 6287 1111 F +603 6287 1212 E enquiries@tmclife.com



EMERGENCY HOTLINE
+603-6287 1999
24 HOURS

thomsonhospitals.com

Thomson Hospital Kota Damansara

thomsonhospitalkd @thomsonhosp_kd



* For patient education only

Patient Education
**Falls
Prevention**

FALLS PREVENTION IN HOSPITAL

Thomson Hospital Kota Damansara is committed in providing safe and quality care, by limiting all risks pertaining to patients within our hospital premises.

Statistically, a small but significant proportion of patients suffer falls in hospitals and some may injure themselves as a result of the fall. This is due to the fact that the layout of the ward may be unfamiliar to some patients and they may have an unsteady gait or unfit due to various health conditions.

This Brochure provides information on how patients, their caregivers and our staff can work together in helping to reduce the risk of patients falling in hospital.



DO'S



Press the call bell for immediate assistance if you have unsteady gait or when done with toileting and wait for assistance.



Inform hospital staff if you see any potential hazards, such as a wet floor.



Tell a nurse or doctor if you feel weak, dizzy or unwell.



Wear well-fitting and non-slippery shoes for walking.



Put on your hearing aid at all times if you need it for better hearing.



Use your spectacles if you need it for clearer vision.

Do check with the nurse if you are allowed to accompany the patient overnight.



Consult your doctor for reference to a therapist who can help you to improve your strength and balance, and use a suitable walking stick or frame, recommended by your therapist.



Consult nurse or doctor prior to consumption of medication that may cause drowsiness, which may lead to falls.



DON'TS

Don't try to get off the commode, toilet, bed or chair without assistance if you are unsteady or feeling dizzy.



Don't walk around in socks or surgical stockings as this can cause you to slip and fall.



Don't attempt to wear long wear e.g. pants / sarong without assistance if you are unsteady or feeling dizzy

