

Preventing Falls in the Hospital

While you are in the hospital, you may have tests, treatments or new medicines that could cause you to feel weak or dizzy. Even being in bed for just one day can make you feel weak. Be careful to avoid falling while you are in the hospital.

To Help Prevent Falls:

- Make sure your call light, table, telephone and anything else you need are within reach before staff leave the room.
- Ask the staff to help you as needed. Ask your nurse or doctor what activities are safe for you to do on your own.
- Ask for help **before** you get out of bed if you feel weak, lightheaded or dizzy.
- Wear slippers, socks or shoes that will not slip. Ask for a pair of slip resistant socks if needed.
- Keep the side rails on your bed up. Do not lean against the side rails.
- Take your time. Move slowly. Sit at the side of the bed for a minute before you stand up.
- Never use an IV pole or anything with wheels to support you.
- Go to the toilet often so you will not have to hurry.
- Ask someone to unplug and plug in your IV pump. Bending over can cause dizziness.
- Avoid wearing long nightgowns or robes.
- Keep a light on in your room—even at night.
- Ask how to use devices such as canes, walkers and wheelchairs.

Ka hortagidda Kufniinka Isbitaalka gudihiisa

Inta aad isbitaalka ku jirto, waxaa laga yaabaa in lagugu baaro, daaweeyo ama daawooyin cusub lagu siiyo kuwaas oo kuu keeni kara inaad dareento daciif ama war-wareerto. Xitaa saarnaashada sariirta hal maalin waxay kaa yeeli kartaa daciif. Ka taxaddar si aad uga fogaatid inaad dillaanto/dhacdo inta aad ku jirto isbitaalka.

Si gacan looga geysto in looga Hortago Kufitaanka:

- Xaqiiji in nalka wicitaanka, miiska, telefoonka iyo wax kasta oo kale oo aad u baahan tahay ay kuu yaallaan meel aad gaarto ka hor inta aysan shaqaaluhu qolka ka bixin.
- Shaqaalaha weydiiso iney kuu caawiyaan sida aad u baahan tahay. Weydiiso kalkaalisada ama takhtaka hawlaha ammaanka kuu ah in aad adigu samaysato.
- Caawino weydiiso **ka hor** inta aadan sariirta ka soo deign haddii aad dareemeyso daciiftinnimo, dawaqsanaan ama wareer.
- Xidho dacas, kaalso ama sharaabaad ama kabo aan kula sinbiririxooneyn. Weydiiso kaalso ama sharaabaad aan lagu siibanayn haddii loo baahdo.
- Dhinacyada sariirta kor u qaado. Ha isku tiirin dhinacyada sariirta.
- Waqtigaaga qaado. Si tartiib ah u dhaqaaq. Ku fadhiiso dhinaca sariirta ilaa hal daqiiqo ka hor inta aadan istaagin.
- Marna ha isticmaalin IV pole ama wax shaag leh si ay aad u kaalmeysato.
- Badanaaba musqusha aad si markaas aysan deg-degsiiyo kuu qaban.
- Qof weydiiso in uu kugu xidho oo kaa furo bamka IV-ga. Foorarsashadu waxay kuu keeni kartaa wareer.
- Ka fogow inaad xidhato goonno habeen ama xarko.
- Qolkaaga nalku ha u shidnaado—xitaa habeenkii.
- Weydiiso sida loo isticmaalo qalabyada sida usha bakoorada, kuwa lagu socdo iyo kuraasta curyaamiinta.

Expect that staff will:

- Check on you often.
- Store equipment and items out of the way.
- Clean up spills or slippery spots.

Talk to your doctor or nurse if you have any questions or concerns.

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Filo in shaqaaluhu ay:

- Badanaa kuu imaan doonaan.
- Ku kaydin doonaan qalabka iyo walxaha meel aan waddada ahayn.
- Ay nadiifin doonaan wixii daatay ama dhibcaha lagu sinbiririxoon karo.

La hadal takhtarkaaga ama kalkaalisada haddii aad wax su'aalo ama walaac ah qabtid.

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