

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.

避免在醫院裡摔倒

您在醫院時，可能有測試、治療或可能服用使您覺得虛弱或暈眩的新藥。甚至只躺在床上一天都可能使您覺得虛弱。在醫院時，您要小心避免 摔倒。

為有助於防止摔倒：

- 在醫護人員離開房間之前，請確定您的呼叫燈、桌子、電話和任何其他您需要的東西都在伸手可及範圍。
- 需要時要求醫護人員幫助您。向您的護士或醫生詢問您自己做什麼活動是安全的。
- 如果您在下床之前覺得虛弱、頭昏眼花或暈眩，請要求幫助。
- 穿不會滑倒的拖鞋、襪子或鞋。需要時要一雙防滑的襪子。
- 將您床邊的護杠支起。不要靠在護杠上。
- 慢慢來。慢慢移動。在您站起之前，先在床邊坐一小會兒。
- 千萬不要用靜脈滴注杆或任何有輪子的東西作支撐。
- 常去廁所，因而您不需急於方便。
- 要求某人為您的靜脈滴注泵斷電或插入電源。彎腰能引起頭暈。
- 避免穿著長睡衣或長袍。
- 在您的房間始終亮一個燈-甚至在夜晚。
- 詢問如何使用器件，例如手杖、助行器和輪椅。

Preventing Falls in the Hospital. Traditional Chinese.

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.

期望醫護人員將：

- 時常查看您。
- 將設備和物件儲放好不會有礙您走路。
- 清潔溢出物或濕滑處。

如果您有任何疑問或關注事項，請告知您的醫生或護士。

Preventing Falls in the Hospital. Traditional Chinese.

7/2005. Developed through a partnership of The Ohio State University Medical Center, Mount Carmel Health and OhioHealth, Columbus, Ohio. Available for use as a public service without copyright restrictions at www.healthinfotranslations.com