

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, dizzy or confused. Even being in bed for just one day can make you feel weak. Staff will work with you and your family to help you avoid falling while you are in the hospital.

To Help Prevent Falls:

- Ask the staff for help **before** you get out of bed. Your doctor or nurse will tell you when it is safe for you to get out of bed or go to the bathroom without help.
- Anytime you feel weak, lightheaded or dizzy, ask for help **before** getting out of bed.
- Make sure your call light, table, telephone and anything else you need are within reach before staff leaves the room.
- Wear slippers, socks or shoes that will not slip. Ask for a pair of non-slip socks if needed.
- Keep the side rails on your bed up. Do not lean against or climb over the side rails. They are used to keep you from falling out of bed.
- 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.

Sprečavanje padova u bolnici

Dok ste u bolnici, možda ćete ići na preglede, primiti tretmane ili dobiti nove lijekove koji mogu prouzrokovati slabost, vrtoglavicu ili zbunjenost. Čak i samo jedan dan proveden u krevetu može prouzrokovati malaksalost. Bolničko osoblje će vježbati s vama i vašom porodicom kako bi vam pomogli da spriječite padove dok ste u bolnici.

Pomoć pri sprečavanju padova:

- Zamolite nekog iz osoblja da vam pomogne **prije** nego što krenete ustajati iz kreveta. Vaš ljekar ili medicinska sestra će vam reći kada je bezbjedno da sami ustanete iz kreveta ili odete do kupaonice.
- Svaki put kad osjetite slabost, malaksalost ili nesvjesticu zatražite pomoć **prije** nego što ustanete iz kreveta.
- Provjerite da li su svjetlo za poziv, stol, telefon i sve ostalo što vam treba na dohvatu ruke prije nego što osoblje napusti vašu sobu.
- Obujte papuče, čarape ili cipele koje se ne kližu. Ukoliko je neophodno, zatražite i par gumiranih čarapa.
- Ograde na stranicama kreveta držite podignutim. Nemojte se naslanjati ili penjati se preko ograda na stranicama kreveta. Njihova svrha je da spriječe pad s kreveta.
- Samo polako. Ne žurite nego se lagano pomjerajte. Sjedite na kraj kreveta na minut prije ustajanja.
- Nikada ne koristite nosače za infuziju ili bilo šta drugo sa točkovima za podupiranje.
- Često idite u toalet da ne biste morali žuriti.
- Zamolite nekoga da vam isključi i uključi infuziju. Naginjanje može prouzrokovati vrtoglavicu.
- Izbjegavajte nošenje dugačkih spavaćica ili ogrtača.
- Držite upaljeno svjetlo u svojoj sobi – čak i noću.
- Raspitajte se kako se koriste pomagala kao što su štake, hodalice i invalidska kolica.

Expect that staff will:

- Check on you often.
- Respond quickly to call lights and alarms.
- Store equipment and items out of the way.
- Clean up spills or slippery spots.

Your care team may use special equipment to keep you safe or to show that you are at higher risk for falling.

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

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Od medicinskog osoblja možete očekivati slijedeće:

- Da će vas često kontrolirati.
- Da će brzo odgovoriti na poziv i lampicu za upozorenje.
- Da će skloniti opremu i predmete koji se nalaze na putu.
- Da će očistiti prljava i klizava mjesta.

Vaš tim za pružanje njege može koristiti posebnu opremu kako bi vas zaštitio ili vam pokazao da ste podložni većem riziku od padova.

Razgovarajte sa ljekarom ili medicinskom sestrom ukoliko imate bilo kakvih pitanja ili ste zabrinuti.

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