

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.

病院内で転倒しないために

入院中に受ける検査、治療、または新しい薬によって疲れやめまい、混乱を感じる場合があります。 たった1日ベッドに寝かされているだけで体が弱ることもあります。 院内で転倒しないよう、病院職員があなたやあなたのご家族に働きかけます。

転倒予防：

- ベッドから起きる前に、職員に介助を求めてください。 ベッドから起きたり介助なしにトイレに行くことがいつになれば安全であるかは、担当医または看護師が指示します。
- 疲れや立ちくらみ、めまいを感じたら必ず、ベッドから起きる前に、介助を求めてください。
- 職員が病室を去る前に、呼出しボタン、テーブル、電話など必要な物が手の届く位置にあることを確認します。
- スリッパ、靴下、靴は滑りにくいものを履いてください。 必要に応じて滑り止め効果のある靴下を借りてください。
- ベッドの柵は上げておきます。 柵に寄りかかったり、またいだりしないでください。 柵はあなたがベッドから転倒しないために使われます。
- 何でもゆっくり時間をかけます。 ゆっくりと動きましょう。 ベッドの端に座り、しばらく待ってから立ち上がるようにします。
- 点滴用スタンドなどキャスターの付いたものは、体を支える目的で使用してはなりません。
- あわてて動く必要のないように、トイレにはたびたび行くようにします。
- 点滴用ポンプの接続や取り外しは他の人に頼んでください。 体を前かがみにするとめまいを感じる場合があります。
- すその長いナイトガウンやローブは着ないようにしてください。
- 夜でも部屋の明かりは点けておきます。
- 杖、歩行器、車椅子などの使用方法を尋ねておきます。

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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職員による対応：

- ときどき様子を見に来てもらえます。
- 呼び出し灯やブザーにすばやく応答してくれます。
- 器具などを邪魔にならない場所に保管してくれます。
- こぼしたものや滑りやすい場所の清掃をしてくれます。

医療チームは、あなたの安全のためや転倒の危険を知らせるために、特殊な器具を使用する場合があります。

質問や心配事がある場合は、担当医または看護師にご相談ください。

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