

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.

병원에서 넘어지지 않기

병원에 있는 동안 검사 또는 치료를 받거나 새 약을 복용하기 때문에 무력감을 느끼거나 어지러울 수 있습니다. 심지어 침대에 하루만 누워 있어도 무력감을 느낄 수 있습니다. 환자가 병원에 있는 동안에 직원이 환자를 보살펴 줄 것이며 환자가 넘어지지 않도록 도와주어야 합니다.

넘어지지 않으려면:

- 침대에서 일어나기 전에 처음 몇 번은 직원에게 도움을 청하십시오. 환자가 도움 없이 침대에서 일어나거나 화장실에 갈 수 있을 때가 되면 의사나 간호사가 말해줄 것입니다.
- 언제든지 무력감을 느끼거나 어지럽거나 현기증이 있으면 침대에서 일어나기 전에 도움을 청하십시오.
- 병원 직원이 병실을 떠나기 전에 간호사 호출 장치, 테이블, 전화 등 필요한 것이 모두 손에 닿는 곳에 있는지 확인하십시오.
- 미끄러지지 않는 슬리퍼나 양말 또는 신발을 신으십시오. 필요하다면 미끄럼 방지가 있는 양말을 달라고 하십시오.
- 침대 양쪽 레일을 올리십시오. 레일에 몸을 기대거나 올라가지 마십시오. 레일은 환자가 침대에서 떨어지지 않도록 막아주기 위한 것입니다.
- 서두르지 마십시오. 천천히 움직이십시오. 침대에서 내려오기 전에 침대에 잠시 걸터 앉아 준비를 하십시오.
- 링겔 스탠드라던가 그밖에 바퀴가 달린 물체에 몸을 의지하지 마십시오.
- 나중에 서두르지 않도록 자주 화장실에 가서 배설을 해두십시오.
- IV 펌프를 빼거나 끼워달라고 남에게 요청하십시오. 허리를 굽히면 어지러움을 유발할 수 있습니다.
- 긴 잠옷이나 가운을 입지 마십시오.
- 밤에도 병실에 항상 불을 켜두십시오.
- 지팡이나 보행 보조기 또는 휠체어 등을 어떻게 사용하는지 물어보십시오.

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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직원이 하는 일:

- 환자를 자주 점검할 것입니다.
- 호출이나 알람을 누르면 즉시 달려옵니다.
- 장비나 물건들을 옆으로 치워놓을 것입니다.
- 바닥에 흘린 것이 있으면 치울 것입니다.

의료진은 특수 장비를 사용하여 환자를 안전하게 보호하거나 환자가 떨어질 위험에 처한 상황을 보여줍니다.

질문 또는 우려사항이 있을 경우 의사나 간호사와 상담하십시오.

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Preventing Falls in the Hospital. Korean.