

# 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.

# 防止在医院里摔倒

您在医院时，可能有测试、治疗或可能服用使您觉得虚弱、晕眩或混乱的新药。甚至只躺在床上一天都可能使您觉得虚弱。工作人员将与您和您的家人一起帮助您，以防止您在医院跌倒。

## 为防止摔倒：

- 下床**之前**，请求工作人员帮忙。当您可以在没有人帮助的情况下下床或洗澡时，您的医生和护士将告知您。
- 如果在下床**前**感觉虚弱或头晕，请寻求帮助。
- 在医护人员离开病房之前，请确定您的呼叫灯、桌子、电话和任何其他您需要的东西都在伸手可及的范围内。
- 穿防滑的拖鞋、袜子或鞋。如有需要，可要求提供一双防滑袜子。
- 将您床边的护杠支起。不要倚靠或爬过护杠。它们用于防止您从床上跌落。
- 慢慢来。慢慢移动。站起来之前，先在床边坐一小会儿。
- 千万不要用静脉滴注杆或任何有轮子的东西作支撑。
- 常去厕所，这样您就不需急于如厕。
- 要求其他人为您的静脉滴注泵断电或插入电源。弯腰可能会引起头晕。
- 避免穿着长睡衣或长袍。
- 在您的房间始终亮一盏灯，即便是在夜晚。
- 询问如何使用器件，例如手杖、助行器和轮椅。

**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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## 期望医护人员将：

- 时常查看您。
- 快速对呼叫灯和呼叫铃作出反应。
- 将设备和物件储放好，以免妨碍您行走。
- 清洁溢出物或湿滑处。

您的护理小组可能会使用特殊工具来保护您的安全，或表明您有较高的跌倒风险。

如果您有任何疑问或关注，请与您的医生或护士讨论。

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Preventing Falls in the Hospital. Simplified Chinese.