

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.

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、暈眩或混亂的新藥。甚至只臥床一天都可能使您感覺虛弱。工作人員將與您和您的家人一起幫助您避免在醫院跌倒。

為幫助防止摔倒：

- 下床之前，請要工作人員幫忙。您的醫生和護士將告訴您，何時才可以在沒有人幫助的情況下下床或洗澡。
- 如果在下床前感到虛弱或頭暈，請尋求幫助。
- 在醫護人員離開房間之前，請確定您的呼喚鈴、桌子、電話和任何其他您需要的物品都在伸手可及的範圍內。
- 穿防滑性能好的拖鞋、襪子或鞋。如有需要，可要求提供一雙防滑的襪子。
- 將您床邊的護桿支起。不要依靠或翻越護桿。它們是用來防止您從床上跌落的。
- 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桿或任何有輪子的物品作支撐。
- 常去廁所，以免需要急忙如廁。
- 請其他人為您的靜脈滴注泵斷電或插入電源。彎腰可能引起頭暈。
- 避免穿著長睡衣或長袍。
- 在您的房間始終亮一盞燈 (即便是在夜晚)。
- 詢問如何使用器件，例如手杖、助步器和輪椅。

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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期望醫護人員：

- 時常探視您。
- 迅速回應呼喚鈴和報警器。
- 將設備和物件儲放好，以免妨礙您行走。
- 清潔溢出物或濕滑處。

您的護理小組可能會使用特殊工具來保護您的安全，或表明您有較高的跌倒風險。

如有任何疑問或擔憂，請諮詢您的醫生或護士。

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Preventing Falls in the Hospital. Traditional Chinese.