

Fall Prevention Care Guide

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1. Importance

Falls can cause injuries, fractures, prolonged hospitalizations. Severe falls can even cause deaths. Most falls occur when getting on and off the beds or going in and out of the bathrooms. For your safety, please refer to the below advises for preventing falls.

Risk factors for fall are shown below. Please self-inspect the items and noted the more items you selected, the higher risk for falls.

<input type="checkbox"/> Older the 65 years of age 	<input type="checkbox"/> Dizziness or weakness 	<input type="checkbox"/> Lower extremities weakness 	<input type="checkbox"/> Blurred vision 
<input type="checkbox"/> Urinary frequency 	<input type="checkbox"/> Conscious disturbance 	<input type="checkbox"/> Have fallen at home or hospitalized in the last year 	<input type="checkbox"/> Use of wheelchairs or walkers 

Taking medications with side effects including dizziness, hypotension, or drowsiness



【主要副作用/用藥須知】避免飲酒;服藥期間可能有嗜睡感,開車及機械操作時請小心,請預防跌倒。

When you check the fall risk factor is greater than or equal to 3, it means that you need to prevent the fall through some methods, please refer to the following methods

1. Ensure lighting and keep then environment dry

Bright space	Remove obstacles	Notify nursing staff if the floor is wet

2. Proper use of the equipment

Notify the staffs if the equipment is damaged	Lock the brakes before getting in and out of the wheelchairs	Lock the brakes before getting on and off of the toilet chairs

Lower the beds before getting off the beds		Proper use of the wheelchairs and walkers
		

3. Wear Proper clothing and shoes

Wear Anti-slippery shoes		Wear proper size pants	
			

4. Safely getting on and off the beds and changing postures

Sit and rest for 1-2 minutes before changing postures	Test the strength of your lower limbs before standing and walk after standing firmly	Have someone helping you when getting off beds	Use the stronger side to get off beds if you are weak on one side
			

Do not step over the bed railings



Use the stronger side to get off beds if you are weak on one side

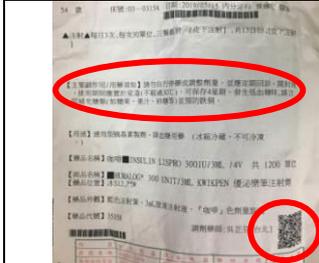


After using the toilet, use the railing



5. Understanding your medications and adequate exercise

Know if your medications can cause dizziness or hypotension



Consult your doctor for adequate supplementation for Vitamin D and Calcium



Strengthen your lower extremities by exercising



If you have any question or suggestion, please contact with us. We are happy to provide you services to you. Contact telephone number: MacKay Memorial Hospital: (02)25713760; Hsinchu MacKay Memorial Hospital: (03)5745098; Taitung MacKay Memorial Hospital: (089)310150 ext: 311. Time of consultant: 9:00 am~12:00 noon, 2:00 pm~5:00 pm Monday ~ Friday.

May God Bless You