· Heel and toe raises





**Content reviewed: October 2022** 

Preventing falls during your stay in hospital

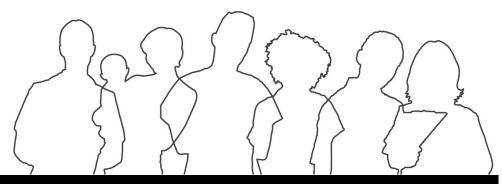
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#### Introduction

This leaflet gives you information about how to reduce your risk of falling during your stay in hospital.

Our aim is to help you keep as active and as independent as possible while in hospital.

## Reasons why you may be at risk of having a fall

- You have had a fall before
- You have difficulty with your walking, balance or you have muscle weakness
- You have spent a long time in bed, not moving
- You or your relatives feel worried about you falling
- You have a problem with your eyesight
- You are unwell
- You are over 50 years old

# What you can do to stop yourself from falling



Tell the nurse or doctor looking after you if you have fallen in the last year or are worried about falling



Use your call bell if you need help to move, in particular, if you need help going to the toilet



Make sure that you wear your glasses and that they are clean, ask for help if you have trouble seeing

#### If you are unable to stand safely by yourself:

 Straighten and bend your knee, pointing your toes towards the ceiling



Arm raises



#### Slow marching on the spot



#### Mini knee bends





Moving around while you are in hospital is important in keeping you active and maintaining your independence

Please see the simple exercises at the end of this leaflet that you can practice during your stay



When getting up from the bed:

- Point and release your feet while you are in bed
- Sit upright for a few moments on the edge of your bed before standing
- Get up slowly, making sure you feel steady before walking



If you feel dizzy or lightheaded or unwell in any way when you stand up – STOP, SIT DOWN and let the ward staff know



Drink regularly and eat well



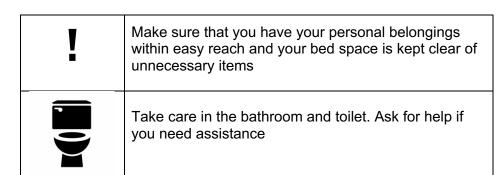
Please ask your relatives to bring in your normal footwear

Make sure your shoes or slippers fit well, grip well and cannot fall off

If you don't have any suitable footwear, the ward can supply alternatives



Use your walking aid, keep it close by and check for wear and tear on the rubber feet. Never lean on hospital furniture as it is often on wheels



### What can I do to help my recovery?

- Get dressed in your own clothes and try to sit out of bed
- Try to keep occupied with something you enjoy doing such as reading, doing puzzles or listening to music
- If you are able to walk to the toilet. Please use your walking aid and ask for assistance if you need it

#### **Exercises**

On the following pages are some exercises that you can try several times a day. These exercises aim to keep you active, maintain your independence and reduce the risk of you falling.

Start gradually, aiming to do as many as you can within 30 seconds. You can vary the exercise throughout the day, you do not have to do them all at once.

### If you can stand safely on your own or with help:

If necessary, hold on to your frame, chair or bed for support:

• Stand up, then sit down slowly. If possible, try not to use your hands.



Heel and toes raises

