If you are worried about falling you can contact your local Falls Clinic for advice.

Portsmouth City

Mon - Fri, 9.00 - 5.00
(023) 9268 0180

Fareham and Gosport

Mon - Fri, 9.00 - 5.00
(023) 9279 4883

East Hampshire

Mon - Fri, 9.00 - 5.00
(023) 9268 3777

There is also lots of falls prevention information available on the internet.

Age UK
www.ageuk.org.uk

For information on how to keep your bones healthy try the National Osteoporosis Society
www.nos.org.uk

Consent - What does this mean?

Before any doctor, nurse or therapist examines or treats you **they must have your consent** or permission. Consent ranges from allowing a doctor to take your blood pressure (rolling up your sleeve and presenting your arm is implied consent) to signing a form saying you agree to the treatment or operation.

It is important **before giving permission that you understand** what you are agreeing to. If you do not understand – ask.

Information we hold about you and your rights under the Data Protection Act

Please refer to the booklet 'Your Healthcare Information – Your Rights! Our Responsibilities! for further guidance.

How to comment on your treatment

We aim to provide the best possible service and staff will be happy to answer your questions. However, if you have any concerns you can also contact the Patient Experience Service on 0800 917 6039 or E-mail PALS@porthosp.nhs.uk

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Portsmouth Hospitals NHS
NHS Trust

Falls prevention in hospital

Information for Patients

Specialist Support

If you require this leaflet in another language, large print or another format, please contact the Health Information Centre Tel: (023) 9228 6757, who will advise you.

Many people feel unsteady when they are unwell and there can be greater risk of having a fall.

Portsmouth Hospitals takes falls very seriously and tries to make every effort to reduce your falls risks. However there are some things you can do to keep yourself safe.

How can you reduce your chances of falling whilst in hospital?

- Use the call bell to get help if you need to move
- Be careful/ aware of equipment that may be in your way
- Sit upright for a few moments at the edge of your bed to get your balance before standing up
- Make sure you have your walking aid close at hand ask a member of staff if you need one
- Ask to speak to the ward Physiotherapist if you think you need help with a falls prevention exercise programme
- Switch on lights if you need to, to help you find your way
- Do some simple leg exercises before getting up from your bed or chair

Leg Exercises

- Point your toes and release a few times
- Tighten the muscles in your calves and then release them
- Move your legs up and down if you can to get the circulation going

- If you wear glasses or a hearing aid make sure they are working, clean and worn as prescribed.
- Please wear your shoes or slippers when walking, but make sure that they fit properly.
- Make sure that you cannot trip over your nightdress or pyjamas.
- Make sure that you feel safe and balanced before you start to stand or walk.
- If your bed or chair is too high or low for you to use safely please ask for assistance.

Always tell the Doctor or nurse looking after you if you have fallen in the last year

- **DO** tell the nurse or doctor if you:
  - feel dizzy.
  - have palpitations.
  - have pain or difficulty passing urine.
  - feel muddled or not your normal self.

- **DO NOT USE** hospital furniture to help you walk - most are on wheels and may move unexpectedly.
- Please report any wet floors to a member of staff as soon as possible.

ASKING FOR HELP

Don't be worried about asking ward staff for help or assistance.

Please ask, we are here to help.