



# Keeping on your feet in hospital

Patient Information  
Falls prevention



**Ramsay**  
Health Care

# Important advice for patients on avoiding falls

Your safety and well-being are important to us and this brochure describes a few ways you can reduce the risk of a fall.

It's surprisingly easy to fall or slip while in hospital. That's why we ask you to take particular care when standing or moving about remembering:

- Medication or fatigue may affect your balance
- It is an unfamiliar environment.
- You may not be as fit or as steady on your feet as you normally are.

## **Medication**

Some medication, particularly pain medication, and changes to your medication can make you feel dizzy. Always take special care when walking or getting to your feet.

## **Unfamiliar surroundings**

Make sure you know the layout of your room and where the furniture is placed. Take particular care if moving around at night and ensure you have the lights on.

## **Flooring**

Tiled floors, lino or other hard surfaces can be slippery, particularly if wet or when you are wearing certain kinds of footwear. Check the floors in your area and avoid using talcum powder whenever possible.

## **Your condition**

Ask your doctor or nursing staff to fully explain your condition so you know if you should ask for help with standing or walking.

Your physiotherapist or occupational therapist can also give you advice with balance or mobility. If you use walking aids at home, please bring these with you.

## **Visiting the bathroom**

You may need to use the toilet unexpectedly or more often than usual while in hospital. If you need help, or think you may need to visit the toilet more frequently, please ask the nurses. They are here to help you feel as comfortable and safe as possible.

## **Clothing**

Loose or full-length clothing like pyjamas or dressing gowns can cause you to trip and fall. Make sure these are the right length for you.

## **Footwear**

Check that your slippers or other footwear fit securely. If your doctor has asked you to wear pressure stockings, it is a good idea to wear slippers over the top so you don't slip.

**Always remember that your condition may reduce your ability to stand or move freely.**

**Help us to care for you by taking extra care when walking.**

**If you need help, please call one of our nurses.**



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