

When you arrive in hospital:

Staff will complete a falls risk assessment to determine your risk factors.

A tailor-made plan will provide you and your carers with ways to reduce the risk of falling.

Staff may ask you to explain back to them the information they give you in your own words to make sure they have explained everything clearly.

In hospital we want you to:

- **BE SAFE and to Stay On Your Feet®**
- **take charge of your health to prevent a fall or reduce the harm from a fall.**

Plan for discharge:

Before you go home, the staff will assess your risk of falling. They will:

- review your medications
- assess how well you are moving around, your balance and any other risk factors
- write a discharge summary for your GP and any referrals you may need, including information to help you become involved in local community activities such as Tai Chi.



If you have any questions ask the staff or you can view the **Queensland Stay On Your Feet® website** using the QR code.

This patient information brochure supports a number of the National Safety and Quality Health Service Standards (NSQHSS) including:



Partnering with Consumers (NSQHSS second edition).



Comprehensive Care Standard (NSQHSS second edition).

The following organisations can help you stay active, independent and on your feet:

- **Stay On Your Feet®** offers falls prevention information and resources www.health.qld.gov.au/stayonyourfeet
- **13 HEALTH** gives confidential health advice from registered nurses 24 hours a day, 7 days a week 13 HEALTH (13 432 584 – local call)
- **My Aged Care** is the starting point to access Australian Government-funded aged care services www.myagedcare.gov.au or call 1800 200 422
- **Council on the Ageing (COTA) Queensland** represents seniors and provides community programs www.cotaqld.org.au or call 07 3316 2999
- **Osteoporosis Queensland** provides information about bone health www.osteoporosis.org.au or call 1800 242 141
- **Home Assist Secure** offers assistance with critical home maintenance www.qld.gov.au/housing/buying-owning-home/maintenance-modifications/maintenance-assistance/home-assist-secure or call 13 QGOV (13 7468)
- **Dietitians Australia** provides information about food, health and wellbeing www.dietitiansaustralia.org.au or call 1800 812 942
- **NPS MedicineWise - Medicines Line** provides information about prescription, over-the-counter and complementary medicines www.nps.org.au or call 1300 MEDICINE (1300 633 424)
- **LifeTec Queensland** provide solutions to everyday life activities www.lifetec.org.au or call 1300 LIFETEC (1300 543 383)

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Stay On Your Feet® in hospital and prevent falls

BE SAFE

**Buzzer • Environment
Shoes • Ask • Fluids • Educate**



This brochure will advise you how to **Stay On Your Feet®** in hospital, reduce the risk of a fall and prepare for going home.

A fall can happen to anyone in hospital

A previous fall increases the chance of another fall.

Seventy per cent of falls in hospital affect people aged over 65.

Some fall incidents are the result of muscle weakness, or impaired balance from medication.

Some side effects and combinations of medicines can increase your risk of a fall.

- Do you have a medical condition such as diabetes, arthritis, Parkinson's disease, problems with your heart, dementia or have you had a stroke?
- Do you find it difficult to get up from a chair?
- Do you have an eye condition?
- Are you in pain, or taking pain relief?
- Are you taking four or more medicines?
- Are you taking sleeping tablets, sedatives or anti-depressants?

If you answered 'YES' to any of these questions you may be at risk of falling.

The good news is that there are steps you can take to BE SAFE in hospital.



BE SAFE in hospital

Buzzer: Know how to contact hospital staff using the buzzer. Ask for assistance and wait for help.

Environment: Familiarise yourself with the room, including the bathroom, lighting and furniture.

Shoes: Bring and wear low heeled, non-slip shoes that fit well.

Ask for assistance: Especially when getting in and out of bed, putting on your footwear, walking using mobility aids and using the bathroom.

Fluids: Drink plenty of fluids, like water, unless your fluid intake is limited (staff will tell you this).

Educate: Learn about balance, strength and exercise and when you may need help.

If there are issues about your health please talk to us. Tell the staff if you have problems with your sight or with walking.

Why do people sometimes fall in hospital?

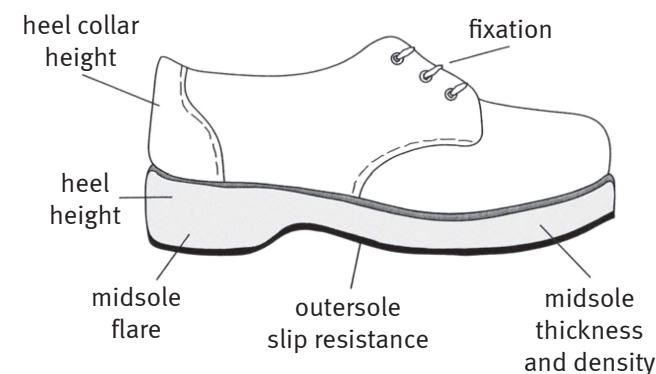
- The environment is not familiar
- You may be feeling unwell
- You may have just had surgery and be feeling weak
- You may have had a change of medications
- Not seeking assistance with mobility and toileting when needed.



Watch this video about
Top Toileting Tips
to help you
Stay On Your Feet®

Features of a good shoe include:

- Slightly rounded heel less than 2.5cm high
- Non-slip sole that bends
- Soles that are not too slip resistant
- Shoes that conform to the shape of your foot
- Shoes that are fastened by laces, zips or velcro.



Watch this video about
Falls Prevention Tips
to help you
Stay On Your Feet®