

## 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.

### 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, Stepping On or the Otago Exercise Programme.

If you have any questions ask the staff.

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



Partnering with Consumers - Standard 2 (2.4.1). Consumers and/or carers provided feedback on this patient information.



Preventing Falls and Harm from Falls - Standard 10 (10.9). This brochure provides information on the risk of falls and includes falls prevention strategies.

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

- Stay On Your Feet®  
[www.health.qld.gov.au/stayonyourfeet/](http://www.health.qld.gov.au/stayonyourfeet/)
- Get health advice from qualified staff  
13 HEALTH – 13 432 584 (local call)
- Commonwealth Respite and Carelink Centres provide free and confidential information on community aged care, disability and other support services.  
[www9.health.gov.au/ccsd/](http://www9.health.gov.au/ccsd/)  
or call 1800 052 222
- Council of the Ageing (COTA) Queensland represent seniors and provide community programs.  
[www.cotaqld.org.au](http://www.cotaqld.org.au) or call 1300 738 348
- Osteoporosis Queensland provide information about bone health.  
[www.osteoporosis.org.au](http://www.osteoporosis.org.au)  
or call 1800 242 141
- Home support and housing assists with housing related difficulties.  
<http://www.qld.gov.au/seniors/home-support-housing/> or call 13 QGOV (13 7468)
- Dieticians Association Australia provide information about food, health and well-being.  
[www.daa.asn.au](http://www.daa.asn.au) or call 1800 812 942
- NPS MedicineWise - Medicines Line  
[www.nps.org.au](http://www.nps.org.au) or call 1300 MEDICINE (1300 633 424)
- LifeTech Queensland provide solutions to everyday life activities  
[www.lifetec.org.au](http://www.lifetec.org.au) or call 1300 885 886

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Queensland Health

## 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.

Great state. Great opportunity.



## 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, tranquillisers 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.**

**Queensland Stay On Your Feet®**

## BE SAFE In hospital

**Buzzer:** Know how to contact hospital staff (**use the buzzer**), ask for assistance and wait for help.

**Environment:** Familiarise yourself with the room, the bathroom, lighting, and furniture. Bring your glasses and hearing aids and always use them.

**Shoes:** Bring and wear low heeled, non-slip shoes that fit well, not slippers.

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

**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.

## 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.

