

## WHO FALLS ?

A patient is at risk of falling above all if:

- they find themselves in new surroundings, like a hospital
- they have undergone an anaesthetic or special examination in the last few hours
- they are confined to bed for a long period of time
- they have heart disease or suffer from high or low blood pressure
- they have fallen previously or very recently
- they are afraid of falling
- they take three or more types of medication or particular medication
- they are distracted, looking at their mobile telephone

This leaflet is  
available on the website  
[www.asst-monza.it](http://www.asst-monza.it)

# Prevention of falls in hospital

We ask you to read  
this leaflet which  
contains useful suggestions  
for preventing falls  
during your stay in hospital



Sistema Socio Sanitario



Regione  
Lombardia  
ASST Monza

## WHY IS IT IMPORTANT TO PREVENT FALLS?

A fall should never be underestimated because it can cause:

- fractures
- injury to the skin and internal organs
- trauma to the brain and vertebral column .

Falls may indicate physical and/or functional frailty .

Falls amongst the elderly can cause serious consequences such as:

- loss of functional independence
- physical complications
- increase in illness
- in the most serious cases, death.

**A fall in hospital may lengthen the time spent there**

## Advice for the prevention falls in hospital

· advise staff whenever you feel **unsteady** walking about and wait for them to arrive

· learn where the **call button** is and how to use it

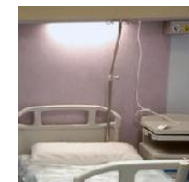


· check the area around the bed and ensure that there are no **obstacles**

· always wear **spectacles and hearing aids**, if required

· **let** the staff know about any **malfunctions** such as burnt out bulbs, unstable bedside table, malfunctioning bed

· **always switch on the light** when you get up during the night



· keep the **bed in the lowest position** to the floor and sit up and remain seated for a few minutes avoiding sudden movements

· if necessary, **use walking aids** (including those usually used at home)

· **avoid wearing garments/trousers that are too long** and wear **suitable shoes** (closed at the back with anti-slip soles and without heel)



· pay attention to danger signs which indicate **wet floors** or **sliding doors**



**If you require assistance or see someone in difficulty, always call the staff. NEVER be afraid of causing a nuisance**