







Reduce your risk of falling

Practical advice and support

We welcome your comments on this leaflet and the services we provide. You'll find our feedback portal in reception and you can comment via our website.

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Design: monumentum.co.uk



January 2024 | v.1.00

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How we can help

Many people who come to us for care are at greater risk of falling. They may be feeling weaker from their illness or have problems with their mobility. Unfamiliar surroundings can also increase the risk of falling.

Our team will do everything it can to reduce any risk of falls:

- + When you're admitted, we'll assess your risk of having a fall and put a plan in place to reduce any risks we have identified with you
- + Our hospice doctor or pharmacist will review your medication for any negative side effects such as dizziness or confusion
- + We'll provide you with an appropriate bed and seating, so you can stand up and sit down easily
- + We'll make sure your lighting is optimal and any essential cables/wires are safely tucked away
- + Our physiotherapist will assess your mobility, if you are feeling unsteady.

STEPS YOU CAN TAKE

There are a number of things you can do to reduce your risk of falling:

- + If you would like any assistance in your room, please use the call bell
- + Keep the area around your bed tidy

- + Encourage your visitors to put away any chairs at the end of their visit
- + If you use a walking aid, always keep it within your reach
- + If you wear glasses or use a hearing aid, do keep them on when moving around
- + Avoid walking on a wet floor
- + Avoid clothes and shoes which are ill-fitting and may cause you to trip
- + Always stand up from your bed or chair slowly and gently
- + If you need to use the toilet frequently, please let us know
- + At night time, use your night light and ring the call bell to ask for help

IF YOU'VE HAD A FALL

Please let us know immediately so we can check that you're not hurt and give you treatment. We'll also discuss with you how we can reduce your risk of a fall in the future.

BED RAILS

Bed rails are attached to the sides of the beds used in the hospice. They can be used to reduce your risk of falling but are not suitable for everyone.

We'll decide with you and your relatives/carers if a bedrail would be beneficial for you. It can be helpful when:

- + Your illness or medication makes you feel drowsy
- + The mattress you are sleeping on makes it easier for you to accidentally roll off the bed
- + You are using the electronic controls to change the position of your bed.

WE DON'T USE BED RAILS IF YOU ARE:

- + Confused and may try to climb over the rails
- + Independent
- + Restless and therefore at greater risk of injury from using them

IF BED RAILS AREN'T RIGHT FOR YOU, WE WILL CONSIDER:

- + Moving your bed to a location where staff can observe you more closely
- + Using night lights so you can see more easily in the dark
- + Making sure essential items, including your call bell, are within easy reach
- + Making sure your bed is always at its lowest level.

