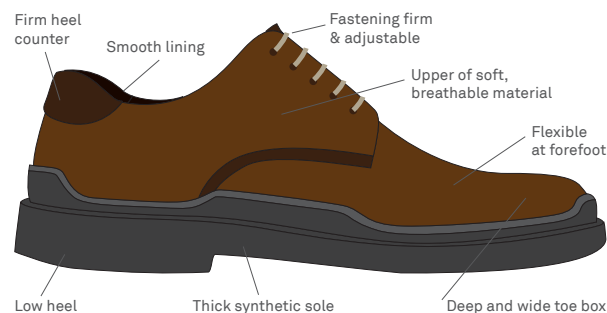


Features of a good shoe include:

- 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

The Ideal Shoe



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 make any referrals you may need
- Answer any questions you may have

The following professionals, organisations and resources can give you information and help you to keep active and stay on your feet:

- Your medical team, nursing staff, healthcare assistants and any member of your multidisciplinary team: Physiotherapist, Occupational Therapist, Pharmacist, Dietitian, Podiatrist
- You can get a full information booklet on how to prevent falls in hospital and at home. These are available at information points in the hospital or you can ask a member of staff
- Your General Practitioner can answer any questions you may have when you return home, and make onward referrals as needed
- Fall Prevention: Irish Osteoporosis Society www.irishosteoporosis.ie

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This document is controlled as per the hospital Document Control Procedure and as such is subject to change at any time - Please refer to www.nohc.ie for the latest version of this document.

Stay on your feet in hospital and prevent falls



BE SAFE in hospital
Bell - Environment - Shoes
Ask - Fluids - Educate

A fall can happen to anyone in hospital

A previous fall increases the chance of another fall. A third of people aged over 65 years and half of people aged over 80 years have a fall at least once a year. 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 any problems with your vision?
- Are you in pain, or taking pain relief?
- Are you taking four or more medicines?
- Are you taking sleeping tablets 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.

Why do people sometimes fall in hospital?

- The environment is not familiar
- You may be feeling unwell
- You may have had surgery and be feeling weak
- You may have had a change of medications

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. We will place an orange wristband on your wrist to highlight if you are at increased risk of having a fall.



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

BE SAFE in hospital Bell - Environment - Shoes Ask - Fluids - Educate

Bell: Know how to contact hospital staff (use the bell), 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.

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 you have been advised by staff to limit your intake.

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.