

# Preventing Falls in the Hospital

While you are in the hospital, you may have tests, treatments or new medicines that could cause you to feel weak or dizzy. Even being in bed for just one day can make you feel weak. Be careful to avoid falling while you are in the hospital.

## **To Help Prevent Falls:**

- Make sure your call light, table, telephone and anything else you need are within reach before staff leave the room.
- Ask the staff to help you as needed. Ask your nurse or doctor what activities are safe for you to do on your own.
- Ask for help **before** you get out of bed if you feel weak, lightheaded or dizzy.
- Wear slippers, socks or shoes that will not slip. Ask for a pair of slip resistant socks if needed.
- Keep the side rails on your bed up. Do not lean against the side rails.
- Take your time. Move slowly. Sit at the side of the bed for a minute before you stand up.
- Never use an IV pole or anything with wheels to support you.
- Go to the toilet often so you will not have to hurry.
- Ask someone to unplug and plug in your IV pump. Bending over can cause dizziness.
- Avoid wearing long nightgowns or robes.
- Keep a light on in your room—even at night.
- Ask how to use devices such as canes, walkers and wheelchairs.

## **Expect that staff will:**

- Check on you often.
- Store equipment and items out of the way.
- Clean up spills or slippery spots.

## **Talk to your doctor or nurse if you have any questions or concerns.**

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# 避免在医院里摔倒

您在医院时，可能有测试、治疗或可能服用使您觉得虚弱或晕眩的新药。甚至只躺在床上一天都可能使您觉得虚弱。在医院时，您要小心避免摔倒。

## 为有助于防止摔倒：

- 在医护人员离开房间之前，请确定您的呼叫灯、桌子、电话和任何其他您需要的东西都在伸手可及范围。
- 需要时要求医护人员帮助您。向您的护士或医生询问您自己做什么活动是安全的。
- 如果您在下床**之前**觉得虚弱、头昏眼花或晕眩，请要求帮助。
- 穿不会打滑的拖鞋、袜子或鞋。需要时要一双防滑的袜子。
- 将您床边的护杠支起。不要靠在护杠上。
- 慢慢来。慢慢移动。在您站起之前，先在床边坐一小会儿。
- 千万不要用静脉滴注杆或任何有轮子的东西作支撑。
- 常去厕所，这样您就不需急于方便。
- 要求某人为您的静脉滴注泵断电或插入电源。弯腰能引起头晕。
- 避免穿着长睡衣或长袍。
- 在您的房间始终亮一个灯—甚至在夜晚。
- 询问如何使用器件，例如手杖、助行器和轮椅。

## 期望医护人员将：

- 时常查看您。
- 将设备和物件储放好不会有碍您走路。
- 清洁溢出物或湿滑处。

**如果您有任何疑问或关注事宜，请告知您的医生或护士。**

Preventing Falls in the Hospital. Simplified Chinese.

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