

What you should do if you have a fall in the NRH

- ⚠ **Call for help**
- ⚠ **Wait for help**
- ⚠ **Do not move**

If you do fall, the nurses and doctors will check you for signs of any injury, make you comfortable and provide appropriate treatment.

Appropriate equipment may be needed to enable staff to return you to the bed or chair.

Have you fallen or nearly fallen?

If so, it is important to find out why. Always inform staff if you have had a fall or nearly fallen and they will review you.

Remember: seek assistance if needed, Call, Don't Fall!



Further Information

Contact details for your Unit:

Unit Name: _____

Unit Tel No: _____



An tOspidéal Náisiúnta Athshlánúcháin

Reducing the Risk of Falls



National Rehabilitation Hospital
Rochestown Avenue, Dún Laoghaire, Co. Dublin
Telephone (01 235 5000)
www.nrh.ie



The [National Rehabilitation Hospital](http://www.nrh.ie) is accredited by CARF (Commission for accreditation of Rehabilitation Facilities) for a range of services, confirming they meet recognized international standards

A Guide for Patients

Reducing the Risk of Falls

Falls

When you are in hospital or if you have had a new injury, you may be at risk of a fall. There are many simple things you can do to reduce the risk of falls.

The NRH aims to minimise the risk of falls during your hospital stay by:

- Risk assessing all patients as part of the admission process and also updating the assessment regularly, especially after a fall
- Working together with patients to promote safety
- Giving advice in a simple practical way
- Responding quickly to hazards or safety risks when brought to our attention
- Ensuring the hospital environment is as safe as possible
- Assessing each patient's risk of falling, and delivering care to manage the risks identified

How can you prevent a fall?

- Use your call bell
- Always use equipment you have been provided with correctly
- Get up from a bed or chair slowly
- Keep everything you need within easy reach
- Follow the advice of your rehabilitation team
- Seek assistance as needed:
Call, Don't Fall
- Ensure your area is safe
- Keep active
- Eat well and stay healthy
- Have your medication reviewed
- Have your eyesight and hearing checked
- Wear the right shoes or footwear,
Never walk in socks or stockings



What does the NRH do to help you prevent falls?

- We assess your falls risk on admission to the NRH
- Staff will provide you with education to support the prevention of falls
- Your team will review how you move and provide equipment as necessary
- A pharmacist will review your medication