



Important information for patients

Fall Prevention





What are the risks?

People who are recovering from an illness or surgery may be at a higher risk of having a fall during this period. Even if you are usually fit and well, this risk still exists. This could be due to:

- Feeling weaker than usual following an illness or surgery
- Medication which may cause dizziness such as pain relief
- Anaesthesia or nerve block that requires time to wear off
- Loss of confidence, especially after a previous fall.

In particular you are most at risk immediately after surgery or when you first get up, often to use the bathroom, after your treatment. There are other reasons why people might be at higher risk of a fall and these include:

- If you have had a fall in the past, you are a greater risk of falling again
- Having trouble remembering
- Not being able to get to the bathroom in time
- Having balance problems or weakness
- Having pain that makes it difficult to walk
- Having difficulty hearing or seeing
- Eating less than usual or having lost a lot of weight.

The first time you may wish to mobilise following treatment or surgery we ask that you call for assistance when you get up for the first time following treatment or surgery, as this allows your nurse to assess you and ensure your safety.

If the nurse feels for any reason that you are at risk of falling, they will remain with you until you are comfortably settled either back in bed or in a chair.

Please ask a nurse or physiotherapist for advice as to when you are safe to mobilise independently after your surgery or treatment. If you have any further questions, please speak to your nurse or physiotherapists.

Further information can be found in your 'green patient folder' in your room.

Important - please remember

- **Just press the large orange button on your 'nurse call system' to alert staff if you need assistance.**
- **Staff will attend to you as soon as possible.**
- **Please do not mobilise until a nurse is present, as you may fall.**