
How visitors can help prevent falls at the Community Intermediate Care Centre (CICC)

Introduction

This leaflet provides information for visitors about how to reduce the risk of falls for your friend or relative during your visit on the ward.

Reasons why people may fall during their stay on the ward

Some people may fall due to strength or balance problems; if they are recovering from illness or have experienced weight loss, had surgery or a recent fracture; have reduced vision or problems with their feet; are taking certain medications; have confusion or low blood pressure. Not everyone will experience all of these difficulties.

Considerations to prevent having a fall

It is not always possible to prevent falls, but our ward staff will assess your friend or relative's needs to decide what additional support they need. Equipment may help eg bed wedges, to reduce the risk of rolling out of bed. These must be fitted by staff and the instructions for use must be followed. If appropriate, a falls alarm will be fitted on the bed and chair.

What can I do to prevent falls on the ward?

If you know that your friend or relative has had falls before, either at home or in hospital, please tell the ward staff and give as much information as possible; also let staff know if you are worried about anything that might be causing them to fall.

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What can I do to prevent falls on the ward when visiting a friend or relative

- Inform ward staff if you think your friend/relative is at risk of falling; if they have fallen in the last year; if they are confused, not their normal self, they have dementia; or if they have vision impairment.
- Keep their bedside free of clutter, hazards and obstacles. Put chairs away after visiting and, with the patient's permission, take home any unnecessary belongings.
- Ensure that their clothing fits around the waist and does not trail on the floor.
- Ensure footwear is not backless and that it fits and supports the foot around the ankle.
- Make sure their glasses are their usual ones and that they're clean.
- Ensure personal belongings and their bedside table are within reach, eg drinks, walking aid, glasses, the call bell etc.
- Encourage your friend/relative to use the call bell for assistance and reassure them that staff will be attend as soon as possible.
- If bed wedges are in place, please do not remove them.
- Immediately inform staff if you see any potential hazards.

Further information

If you have any questions or concerns about falls or falls prevention, please ask a member of the ward team.

If you would like this information in another format or language, please contact the Your Experience Team on freephone 0800 694 5530. Alternatively you can email wcnt.yourexperience@nhs.net

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