

Taichung Armed Forces General Hospital

Leaflet of Inpatient Nursing Instructions

預防跌倒之護理指導

Sir/Lady:

Nursing instructions for fall prevention

I. Purpose: To prevent patients from falling during their hospitalization due to dizziness, weakness in limbs, or other conditions that may lead to injury in other parts of the body.

II. Precautions:

- (1) During the patient's hospitalization, it is recommended that family members, friends, or caregivers from the army have a plan to leave one person to stay to assist with the patient's daily activities.
- (2) Patients have a high risk for falls and are very likely to fall. We will display "Prevent Falls" warning signs and have the patient wear a green wristband to remind medical staff and family members to pay attention to the patient's safety.
- (3) The bed height will be maintained at 40-65 cm. Before the patient gets in or out of bed, ensure that the bed wheels are locked (lock the wheels by pressing down, release to unlock). After using the crank handle at the bed end, make sure to return the handle to its original position.
- (4) Depending on the patient's mobility needs, provide proper use instructions for bed rails and assistive tools, such as raising the side rails when the patient is bedridden.
- (5) If the lighting is insufficient at night, turn on the lights as needed. If the lighting fixtures are broken, notify the nurse for assistance.
- (6) Keep the floor dry to prevent slipping. If the floor is wet, notify the nurse for assistance.
- (7) Keep hallways clear to reduce the risk of falls and collisions. Do not place objects in the hallways.
- (8) Items frequently used or likely to be used by the patient should be placed within easy reach, such as the call bell, tissue, urinal, bedpan, and walker.
- (9) Before the patient gets out of bed, lower the bed to a level where the patient's feet can touch the ground while sitting on the edge of the bed. Ensure that all medical tubes (e.g., IV line, catheter) are securely positioned to prevent tripping
- (10) It is recommended that the patient prepare a transfer belt to assist with movement when getting out of bed and avoid falls caused by exertion.

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- (11) IVs, urinary bags, bedpans, and other tubes and devices should be placed on the same side of the bed, so the patient will not pull on the tubes when getting out from the same side.
- (12) If the patient needs to get out of bed at any time, especially early in the morning when waking up or during nighttime wake-ups, the patient should use the call bell to ask for nursing assistance or has a family member's help.
- (13) Ensure that the patient is wearing appropriately sized clothing and non-slip shoes that fit well. (Figure 3)
- (14) When the patient is using the restroom, a caregiver should accompany the patient at all times.
- (15) Patients taking sedatives or sleep medications may experience impaired mobility. They should use the restroom before taking the medications.
- (16) If the patient feels dizzy or has unstable blood pressure, he/she should avoid getting out of bed, or stop the current activity (including walking), and notify the nurse.
- (17) Family members or caregivers accompanying the patient should rest in close proximity to the patient's bed to prevent the patient from falling when getting out of bed.
- (18) If the patient is weak but strongly wishes to get out of bed, inform the medical professional. The healthcare team will work with the patient to discuss a progressive activity plan.
- (19) If the patient is restless and restraints are used, do not release the restraints on your own. The nurse will check regularly.
- (20) If you (family member or caregiver accompanying the patient) need to leave the patient, please place the call bell within the patient's reach and inform the nurse.
- (21) When changing caregivers, inform the nurse so that complete fall prevention instructions can be provided.
- (22) When using a wheelchair or stroller, ensure proper securing of the patient.
- (23) For a pediatric patient, keep him/her within sight and ensure that his/her limbs do not pass through the gaps in the bed rails or that he/she does not jump on the bed to avoid falling over the rails. If leaving briefly (for bathroom, water, or bath), use the call bell for a nurse to help with caring the child during short absences.

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(24) Do not allow the pediatric patient to stand on the IV stand, as the child may lose his/her grip, causing the IV stand to topple and result in a fall.

(25) Do not let the pediatric patient stand on the visitor's chair alone or jump and move around on the visitor's bed to prevent falling.

III. Notes: The IV stand, walker, and bedpan have brief instructions for use. Please refer to them, and if you have any questions, feel free to consult with the nursing staff.

Figure 1: Inappropriately-sized pants



Figure 2: Non-slip shoes

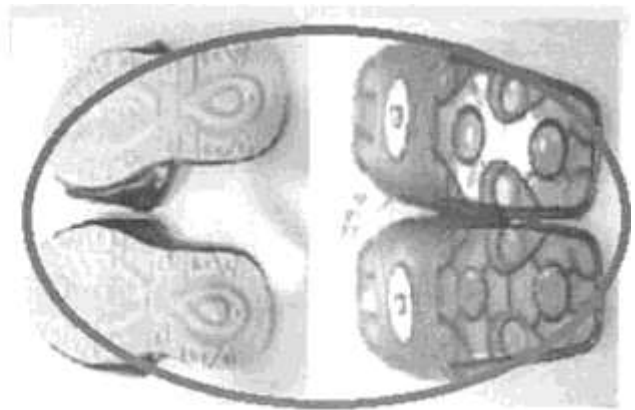
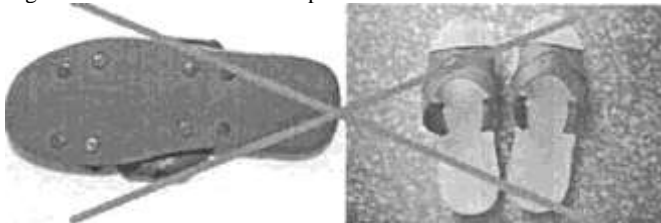


Figure 3: Shoes without non-slip effect



If you are still unclear about something or have any questions, please contact the nursing station in the ward.