

# Taichung Armed Forces General Hospital Leaflet of Inpatient Nursing Instructions

## 居家預防跌倒之護理指導

Sir/Lady:

Nursing instructions for fall prevention at home

- I. Purpose:  
To provide a safe environment to prevent patients from falling and injuring themselves after discharge when they have not fully recovered their strength, or are experiencing weakness or limp limbs.
- II. Principles of Care After Returning Home:  
You should learn the effects and side effects of medications that can easily cause falls, such as antihypertensives, antidiabetic drugs, sedatives, sleeping pills, and diuretics. After taking a medication, start activities gradually, and avoid rapidly changing postures. (Figure 1)
- III. Choose activities that enhance lower limb strength and balance based on your physical conditions. If you have any concerns, please talk to your attending physician or seek treatment at the rehabilitation department.
- IV. Keep the floor dry to prevent slips, especially in areas like the bathroom and kitchen that easily get wet and slippery. Anti-slip devices can be used for extra safety.
- V. Maintain appropriate and bright lighting indoors. Place a nightlight next to the bed, and install handrails in areas such as the bathroom, hallway, and places where posture changes are needed.
- VI. Wear slip-resistant shoes that fit properly, and ensure that the length of pants does not exceed the ankle to avoid tripping over them while wearing them.
- VII. If you have mobility difficulties, use assistive devices appropriately. Adjust the devices to the proper height and place them within easy reach. Regularly check that the assistive devices are secure without looseness. (Figure 2)

Figure 1



Figure 2



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