Plan For Discharge:

- **Before going home, your healthcare team will reassess you to determine your fall risk.**
- **The medical team and pharmacist will review your medications and provide you with any necessary advice.**
- **The physiotherapist will provide you with a suitable exercise programme that you can continue at home. It is important to follow the 'physiotherapist's advice regarding exercise and mobilising safely during your recovery.**
- **You will receive advice about taking care of your wound and any follow-up appointments that you may need to attend.**
- **A discharge letter will be written and sent to your GP. The team will also complete any additional onward referrals that may be needed.**
- **The team are happy to answer any questions you might have.**



Resources & Advice

Scan the QR codes below or enter the code into your browser to information falls prevention and management information.

Falls Prevention Strategies Video
www.youtube.com/watch?v=-XrEmzqzlhg&t=69s

Getting up from a fall Video
www.youtube.com/watch?v=gzf8ePFsDtY&t=1s

Falls Prevention Guide
www.nohc.ie/wp-content/uploads/2023/11/NOHC-Falls-Booklet-A5-v1.pdf

HSE Falls Prevention Hints & Tips
www.hse.ie/eng/services/list/1/lho/corknorthlee/therapy/paediatric-occupational-therapy/falls-prevention.pdf

Irish Osteoporosis Society Falls Prevention
hwww.irishosteoporosis.ie/information-support/fall-prevention/

National Dairy Council - Bone, Muscle and Joint Health
www.ndc.ie/bone-muscle-health/

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NATIONAL ORTHOPAEDIC HOSPITAL CAPPAGH

NATIONAL ORTHOPAEDIC HOSPITAL CAPPAGH

Stay on your feet in Hospital



	B Bell	E Environment	
S Shoes	A Assistance	F Fluids	E Education

Prevent and limit injuries caused by falls

A fall can happen to anyone

Falls and fall-related injuries are a common and serious problem, particularly for older people. Individuals aged 65 and older have the highest risk of falling, with 30% of those over 65 and 50% of those over 80 experiencing at least one fall each year.

Falls primarily occur in older persons with multiple health conditions and frailty. Even a ‘minor’ fall can significantly affect the patient, resulting in impaired or delayed rehabilitation, loss of confidence, fear of falling, longer stays in the hospital, and, ultimately, a poorer quality of life.

Are you at risk of falling?

Ask yourself the following questions:

- Have you had a fall in the last 12 months?
- Are you unsteady when standing or walking?
- Are you worried/concerned about falling?

If you answered ‘yes’ to any of these questions you may be at risk of falling - the good news is that there are steps you can take to be safe in hospital.

There are other factors to consider that may also increase your risk of falls:

- Are you taking more than 4 medications?
  Some side effects and combinations of medicines can increase your risk of falling. Talk to your doctor or pharmacist if you have any questions regarding your medications.
- Do you have a chronic medical condition such as Parkinson’s disease, Diabetes, Arthritis, Dementia or have you ever had a Stroke?
  Complications that result from these types of conditions can increase your risk of falling.
- Are you taking sleeping tablets, antidepressants or medication for pain?
  Sometimes these medications can increase your risk of falling.

Why do people sometimes fall in hospital?

Falls in hospitals are quite common but staff at NOHC work tirelessly to assist you in your recovery. We assess your risk of falling and provide advice on minimising your risk of falling. There are many reasons why the risk of falling can increase during your hospital stay.

- The environment can be unfamiliar.
- You may be feeling unwell or ‘not yourself’
- You might be weaker than normal following surgery.
- You may be adjusting to new or changed medications.

What happens when I arrive in hospital?

Nursing staff will complete a falls risk assessment as part of your admission process. If it is determined that you are at risk of having a fall while in the hospital, a falls care plan will be created for you. This plan will provide you and your healthcare team with ways to manage and reduce your risk of falling.

During your hospital stay you will be seen by a number of healthcare professionals including Nurses, Physiotherapists and Occupational Therapists. These skilled members of staff will provide you with advice and education on reducing your risk of falling and ensuring your safety.

When you are in the hospital we want you to be safe and Stay On Your Feet

Take charge of your health and recovery to reduce your risk of having a harmful fall.

Take the advice of your healthcare team. Listen to the Doctors, Nurses and Therapists who are working with you. They are dedicated to assisting your recovery and ensuring your safety.





B	E	S	A	F	E
Bell	Environment	Shoes	Assistance	Fluids	Education

Bell: Know how to contact hospital staff using your call bell. Ask for assistance and wait for help.

Environment: Become familiar with your room, the nearest bathroom, lighting and furniture. Bring your glasses and hearing aids and always use them as prescribed. Use the walking aids and equipment provided by your healthcare team.

Shoes/Footwear. Bring and wear low heeled, non-slip, well fitting shoesl. We don’t recommend backless shoes.

The Ideal Shoe



Assistance: Ask for and accept assistance. We are here to help! Ask for help whenever you need it-getting in and out of bed, putting on footwear and using mobility aids and accept help when offered.

Fluids: It is important to stay hydrated while in the hospital. Drink plenty of fluids, such as water, unless your medical team has advised you to reduce your fluid intake.

Education: Listen to your healthcare team and follow their advice. They will teach you valuable information about reducing your falls risk.

Please tell a member of your healthcare team if you have any concerns relating to falls, surgery or recovery. They would be delighted to help you.