

Falls Prevention Tips



Falls may happen anytime

both to the young and the old



All types of cords dangle about your hands and feet



and medication muddles your head

Flip a switch when it gets dim

or one stumble may knock you out cold



Beware of loose-fitting clothing

and slippery surfaces are a dread



Dizzy spells may occur after surgery

so sit up before getting out of bed



Go ahead and use the bell instead

as safety is our biggest asset



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養和醫院

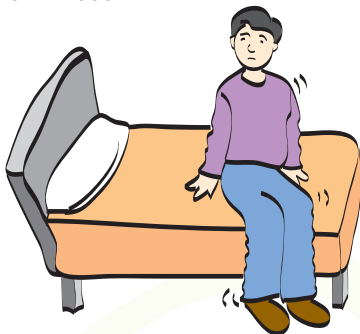
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Who is at Risk of Falling?

- You may be more prone to falling in unfamiliar places than at home



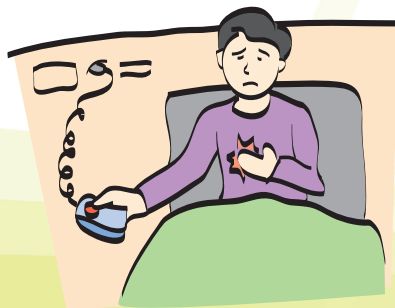
- You are at greater risk of falling after surgery or long confinement in bed



- You may be wary of walking if you have failed before

How Can I Reduce the Risk of Falling?

- Call for assistance if you have difficulty in reaching for anything from your bed
- Healthcare personnel will come to assist you as soon as possible



- Ask for assistance if you feel uneasy about walking on your own



- Keep in mind that you may feel weak after surgery or a long confinement in bed
- Wear well-fitted clothes and skid-proof footwear

What Can the Ward Staff Do to Reduce the Risk of Falling?

- Our nurses will assess your risk of falling within 24 hours after admission



- Based upon the assessment results, our nurses will devise a customised falls reduction plan
- You may be referred to our physiotherapists and/or podiatrists for treatment if necessary