



英文



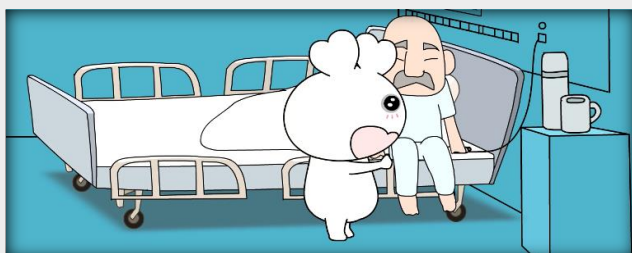
## 10 things you must know to prevent falls

### Which patients are prone to falls? (High-risk patients):

1. Patients are older than 65
2. Unattended patients.
3. Patients with a history of falls.
4. unstable gait.
5. anemia or postural hypotension.
6. malnutrition, weakness or dizziness.
7. sleep disturbance.
8. consciousness disturbance. (Disorientation, irritability or confusion)
9. limb dysfunctions.
10. take medicines that affect consciousness or activities, such as : diuretics, painkillers, laxatives, sedatives, sleep pills and cardiovascular drugs.

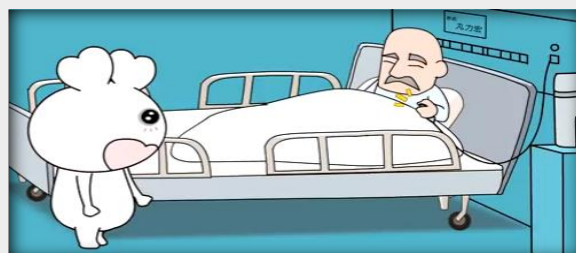
1

If you take sleep pills or feel dizzy, or feel blood pressure is unstable, when you get up, first sit at the edge of bed, then let your family help you...



2

When you need help, but no family is nearby, please press the red call bell to call nurse for help immediately.



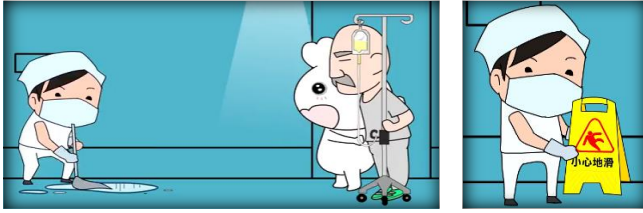
Lin Shin hospital  
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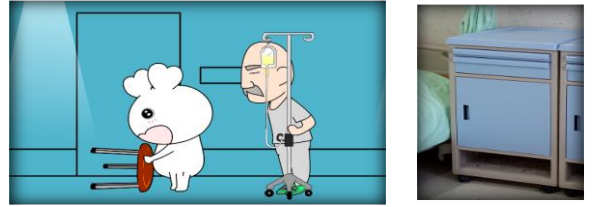
3

If the floor is wet, please inform the nurse to prevent slips and falls..



4

Put all your things in the bedside cabinet to keep the walkway clear.



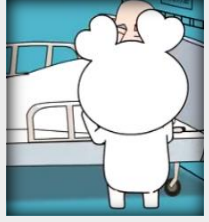
5

If the bedrails are pulled up, when you want to get up from bed, please pull down bedrails or call nurse for help. Don't climb over the bedrail by yourself.



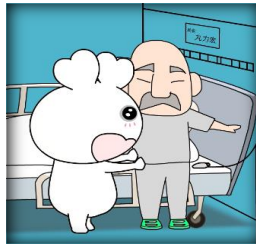
6

When the patient is agitated, anxious or confused, please pull up bedrails and restrain him (her) for safety and protection. When the patient is agitated, anxious or confused, please pull up bedrails and restrain him (her) for safety and protection, and contact medical staff to assist in handling.



7

If the clothes you wear is too big, please replace with fitted clothes.



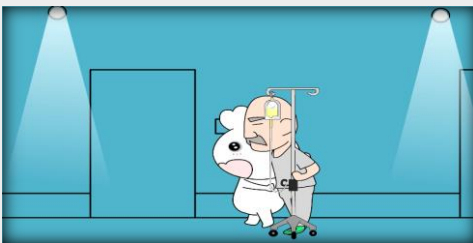
8

Please wear non-slip shoes in the ward to avoid slips and falls. To walk barefoot is forbidden.



9

Keep the ward as well-lit as possible to avoid poor eyesight and falls.



10

If emergencies happen in the toilet, please press the red call bell inside to inform nurses for help . .



### Q & A

1. Do patients and caretaker all understand the dangerous factors and preventions of falls?
2. If you need to get out of the bed, can you put down the bed rails yourself when they have been put up by the nurse?
3. When you are alone and you need help, can you press the call button to inform the nursing staff?

