



Fall Prevention

How we can help prevent
falls in the hospice

*because
you matter*

**St Nicholas
Hospice Care**

A Registered Charity No. 287773

For an alternative format or
language, please contact:
enquiries@stnh.org.uk

Can we prevent falls?

While it is not possible to prevent all falls in the hospice, there are steps we can take which will help reduce the chances of it happening. We try to keep patients more prone to falling in a higher visibility area and have falls sensory equipment available.

You and your family can help by being aware of the risks and the precautions you can take.

You can talk about any concerns you have with a member of our clinical team.

Some medications, or combinations of medications, make people dizzy and increase their chances of falling over. If you are concerned that this may be the case, ask a nurse or doctor.



When getting up:

- sit upright for a moment on the edge of your bed before standing;
- get up slowly and make sure you feel steady before walking.



**Call,
Don't Fall**

As a patient, what can I do?



Tell the nurse or doctor looking after you if you have had a fall in the past year, if you have a history of falling or if you are worried about falling.



Use your call button whenever you need help to move, especially when going to the toilet.



Make sure your glasses are clean and used as prescribed. If you can not see properly, please ask for help.



Keep your usual walking aid nearby, and always use it. Check it before use for any wear and tear on the rubber feet.



Hospice furniture is often on wheels, so never lean on it.



If you feel dizzy, stop, sit down and let a staff member know.



Drink regularly and eat well.

Hospice **Advice line**

Call our 24/7 advice line for health care professionals and families if you need support with symptom management and end-of-life care.

enquiries@stnh.org.uk

www.stnicholashospice.org.uk

01284 766133

Your Experience **Survey**

We want to develop our services in response to feedback; please consider filling out our survey which is available online or can be requested in paper form.

[www.stnicholashospice.org.uk
/your-experience-survey](http://www.stnicholashospice.org.uk/your-experience-survey)



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