

Department of Nursing

Staying Safe and Moving Safely: Preventing Falls During Your Rehabilitation Journey at Integrated Care Hub (ICH)



This Booklet Belongs to:

Patient Identification Sticker

- Integrated Care Hub (ICH) believes “Every Moment is a Rehabilitation Moment” (EMRM). Over here, we are dedicated to help you regain your strength and mobility.
- It is important to recognise while you are on the path to recovery, the risk of fall can be higher, especially for elderly patients. Moreover, due to your recent acute illness (sudden and/or serious health problem), you may experience changes in your mobility and how your body functions. These changes could increase your risk of fall during your rehabilitation.
- With proper measures and active participation in your rehabilitation, you can minimise these risks and achieve your health goals safely.

At Your Bedside: What You Should Do



✓ Keep Your Bedside Tidy

- Keep the area free from clutter and obstacles that might cause tripping.



✓ Keep Necessary Items Within Your Reach

- Such as eyeglasses, hearing aids, and walking aids.



✓ Wear Your Glasses and/or Hearing Aids Before Walking

- Wearing your glasses will allow you to see clearly and prevent disorientation or falls caused by poor vision.
- Wearing your hearing aids will help you hear the environmental sounds clearly, which can improve your balance and awareness.



At Your Bedside: What You Should Do



Ensure Your Pants Are Secure

- Secure your pants as overly loose pants can be a tripping hazard.



Sit Up Slowly

- This helps your body to adjust to the change in position and reduces the risk of dizziness.



Sit on the Edge of the Bed and Count to 10

- This helps your body to adjust to the change in position by allowing your blood pressure to stabilise.



At Your Bedside : What You Should Not Do



Do not lean on furniture with wheels for support, such as your over-bed table or commode chair.



Do not climb over or squeeze through the bed rails.



Do not lower the bed rails on your own.



Do not bend over the bed.
If you drop something, please call for assistance.





Transferring/Sitting : What You Should Do

Note: The commode/geriatric chair has a safety belt and footrest to keep you secure.



Ask for help when getting in and out of bed.



Wait for the nurse to position the commode or geriatric chair close to your bed on the side where you are stronger. This will ensure the transfer distance is as short as possible.



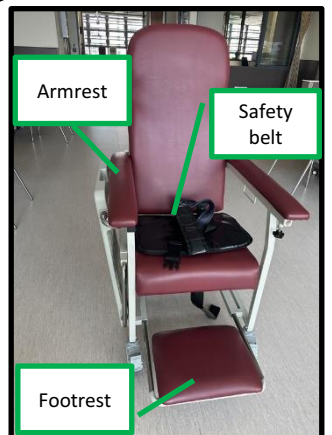
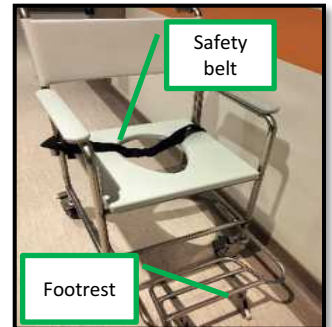
Wait for the nurse to lock the wheels of the commode or geriatric chair before transferring to prevent unexpected movement.



Use armrest for support during transfer. This will help you move safely and with more stability.



Watch for signs/symptoms: If you feel giddy, especially after sitting for a long time, inform the healthcare professionals immediately for assistance.





Transferring/Sitting : What You Should Not Do

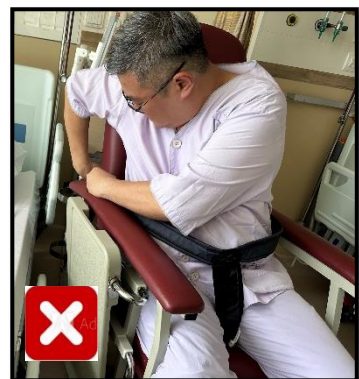


 Do not rush during transferring



 Do not attempt to transfer on your own

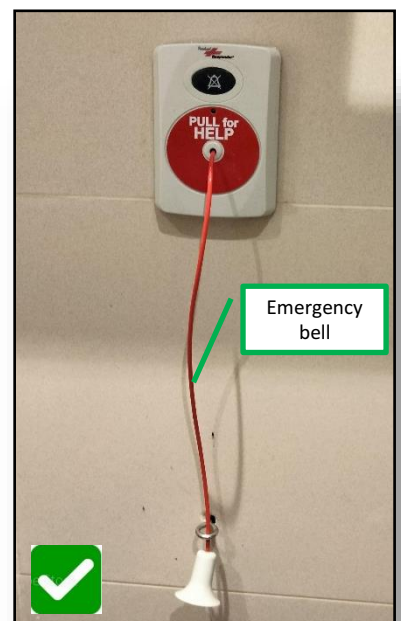
 Do not unfasten the safety belt yourself



Showering/Toileting :





Note: Grab bars in toilets are movable.

- ✓ Ensure that the grab bar is in 'down' position before you hold onto it for support.
- ✓ Put on safety belt during toileting and showering.
- ✓ Use the emergency bell in the toilet to request assistance from a nurse if you need help, and after finishing your shower or toileting.
- ✓ If you are at high risk of falling, a nurse or trained caregiver will stay with you during showering/toileting to ensure you are safe.



Showering/Toileting :

Note: Grab bars in toilets are movable.

-  Do not lock the toilet door
-  Do not hold onto the grab bar for support when it is in 'upright'/'mid-air' position. It might drop to 'down' position, causing you to lose balance and fall.
-  Do not stretch and overreach for items.
-  Do not stand up or move on your own after showering or toileting.



Exercise/Walking

Regular exercise is crucial for restoring your strength and flexibility, and it significantly reduces your risk of falling.

Personalised Exercise Plans

- The ICH therapists will evaluate your condition and recommend suitable exercises for you.

Devices:

- **Gait Belts:** If necessary, our therapist will provide you with a gait belt. Ensure you use it every time you walk.
- **Walking Aids/Devices:** Walking aids will be prescribed according to your specific needs. DO NOT lend or borrow these aids from or to other patients.



Exercise/Walking

Safety Measures:

- Therapist Supervision: **DO NOT** start walking without your therapist's instruction or assistance from the healthcare professionals, as this may result in a fall.
- TED Stocking: To roll it up before walking as it can be slippery and increase the risk of fall.

Note: To roll your stocking back after exercise/walking, and inform healthcare providers if you feel any pain or discomfort at the area.

- Footwear: Always wear well-fitted footwear with non-slip soles or sandals with straps behind. Avoid slippers, as they can make you less steady and increase your risk of falling.



Keeping You Safe

- You may receive a Pink "Fall Risk" wristband to help us take additional steps to reduce your fall risk.
- You may receive an Orange "Let's Walk" wristband, which will be placed on your weaker side. Please call for a nurse or trained caregiver if you want to walk.
- We may also put up a Pink "Injury Risk" card by your bedside if you are assessed to be at risk of a serious injury from a fall.



Important Tips

1. Wait for Assistance Before Moving

- Please be patient after pressing the call bell or emergency bell, as the staff may be with another patient.
- Do not move on your own. Patience is a virtue that ensures safety.

2. Communication

- Before starting an activity, always check with a nurse if assistance or supervision is needed.

3. Emergency Situation

- Should you fall, remain calm and call for help.
- Do not attempt to get up on your own. Our staff is trained to assist you safely.

Special Note to Family Members

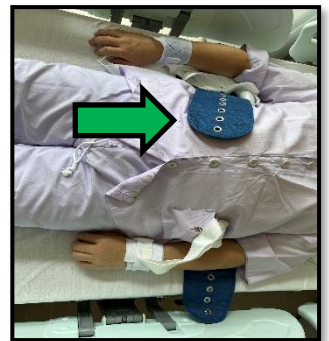
Family members also have an important role in fall prevention. With your support, we will be able to reduce the risk of falls.

- Reinforce the mentioned fall prevention advice to your loved one.
- Accompany your loved one at their bedside to reduce the risk of fall especially when they are unable to retain or recall the instruction given by the nurse.
- You will participate in caregiver training (CGT) to become competent in assisting your loved one. Until you are competent, please seek help/ confirmation from our nurse.



Before Leaving Your Loved One, You Should:

- Inform our healthcare professionals if you need to leave the ward. Use the call bell if there are no healthcare professionals nearby.
- Inform healthcare professionals to reapply restraints (if required).
- Check if the bed rails need to be pulled up.
- Keep your loved one in clear view of the nurses where possible (e.g. keep the bedside curtain open).



Inform the healthcare professionals if you have:

- Information about your loved one that you want us to take note of (e.g. recent history of falls, unsteadiness, etc.).
- Feedback on our ward environment, or suggestions on how we can reduce the risk for fall.

Disclaimer

The Hospital or its employees or agents shall not be held liable for the fall and collateral injury if the advice provided on fall precautions is not followed, and/or if it is contributed by other factors which cannot be reasonably foreseen or prevented to the maximum extent permitted by law. With your cooperation, we can reduce the risk of fall.

Together, We Can Achieve More Safely!



TTSH Integrated Care Hub (ICH)

Contact:

6357 7000 (Central Hotline)



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