

- Make sure your rugs and carpets are safe, slip-free and not frayed.
- Be aware of where your pet is when you walk around the house.
- Get help with any jobs involving heights or climbing step ladders such as changing light bulbs or putting shopping away on high shelves.

Look after yourself

- Regular exercise will help you to maintain strength, fitness and independence.
- Eat and drink regularly.
- Make sure you keep up-to-date with optician's appointments and have your eyes tested regularly.
- Always wear good footwear that fits well and has a good grip.
- Try and make plans for bad weather so you're not forced to go out if it is icy underfoot.

If you need information in a different format, such as easy read, large print, BSL, braille, email, SMS text or other communication support, please tell your ward or clinic nurse.

We try to ensure that all our information given to patients is accurate, balanced and based on the most up-to-date scientific evidence. If you would like to have details about the sources used please contact patient.information@christie.nhs.uk

For information and advice visit the cancer information centres at Withington, Oldham or Salford. Opening times can vary, please check before making a special journey.



Contact The Christie Hotline for
 urgent support and specialist advice
The Christie Hotline: 0161 446 3658
 Open 24 hours a day, 7 days a week

Preventing slips and falls in hospital

People have a greater risk of falling whilst in hospital. This is because of unfamiliar surroundings, feeling unwell or feeling weaker than usual after surgery or treatment. Quite often, once a fall has happened, a person may lose confidence and be at higher risk of falling again. We have written this leaflet to help reduce the chances of people falling while they are in The Christie.



What is the ward doing to reduce the risk of falling?

The ward staff will assess each person on admission to determine their individual level of risk. All the members of the caring team will be told about the assessment so that they can consider what can be done to reduce the risk of falling.

Advice to help reduce the risk of falling

- Wear well-fitting flat slippers or shoes with backs in them.
- Give yourself plenty of time to get to the toilet or bathroom.
- Take care in the bathroom when you are having a bath or shower by yourself, and ask for help if you need assistance.
- If you need help getting in or out of your bed, just ask.
- Be extra careful if you have a drip-stand.
- Watch out for wet patches on floors.
- Report any spillages to ward staff.
- Use the nurse call bell if you need help. They will come as quickly as they can.
- Do not over-reach when in bed or sitting in a chair.
- Wear your glasses when you are moving about.
- Report anything that needs repairing such as lights not working or doors not opening easily.

Bedrails

A few people are at risk of falling out of bed. This can be because of illness, because their balance has been affected or because medication has made them drowsy. Bedrails attached to the sides of hospital beds reduce the risk of people accidentally slipping, sliding, falling or rolling out of bed.

If you are at risk of falling out of bed, you can expect that:

- The staff will discuss attaching bedrails to the sides of your bed with you.
- If you are well enough, you will decide whether you want bedrails or not.
- The staff will know how to use bedrails safely.
- Special bedrails or bedrail covers are available if there is a possibility

you could injure your arms and legs on standard bedrails.

Bedrails: If the bedrails need adjusting up or down, please ask the nursing staff for help. Patients and relatives should not try to do this themselves.

Reminder

When you leave hospital, the staff may have assessed you and recommended that you would benefit from attending a falls service class to lower the risk of you falling in the future.

It is advisable for you to contact your own GP who will refer you to the falls prevention service nearest to you for help, advice and information.

In some instances, The Christie may write to your GP or refer you directly.

Referral to a falls service

When you leave hospital, the staff may have assessed you and recommended that you would benefit from attending a falls service class to lower the risk of you falling in the future.

It is advisable for you to contact your own GP who will refer you to the Falls Prevention Service nearest to you for help, advice and information. In some instances, The Christie may write to your GP or refer you directly.

Tips to keep you safe when you leave hospital

- Have a second handrail fitted on your stairs.
- Have a handrail for your shower or by your toilet.
- Make sure the lighting around your house is adequate.
- Put your light on before you get out of bed at night.
- When you get out of bed at night, sit on the side of the bed for a moment to get your bearings before you stand up.
- Get into a good habit of moving or putting away items that you could fall over.