

If you require further information about slips, trips or falls please contact the primary nurse, ward manager or modern matron.

**People who access our services are welcome to talk to the Team Manager if they are experiencing any problems with their care.**

<p>If you require translation services or a copy of this document in other languages, audio tape, Braille or larger print, please speak to a member of CWP staff, e-mail <a href="mailto:info@cwps.nhs.uk">info@cwps.nhs.uk</a> or write to: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>যদি আপনার ট্রান্সলেশন সার্ভিসের বা এই দলিলের কপি অন্য ভাষায়, অডিও টেপে, ব্রেইল বা বড় ছাপায় দরকার হয় তবে অনুগ্রহ করে সিডব্লিউপি এর স্টাফদের সাথে কথা বলুন, ইমেইল করার ঠিকানা <a href="mailto:info@cwps.nhs.uk">info@cwps.nhs.uk</a> বা কমিউনিকেশন, চেশায়ার ও উইরাল পার্টনারশীপ এনএইচএস ফাউন্ডেশন ট্রাস্ট, আপটন লী, কাউন্টেস অফ চেস্টার হেলথ পার্ক, লিভারপুল রোড, চেস্টার, সিএইচ২ ১ বিকিউ ঠিকানায় লিখুন।</p>
<p>如果您需要翻譯服務或想索取這份文件的其他語文、錄音帶、凸字或大字體版本，請向我們的職員查詢。您亦可以寄電郵至 <a href="mailto:info@cwps.nhs.uk">info@cwps.nhs.uk</a> 或寄信到 Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>જો તમારે ભાષાંતર સેવાઓ અથવા આ દસ્તાવેજની બીજી ભાષાઓમાં નકલ, ઓડિયો ટેપ, બ્રેઇલ અથવા વિદ્યાર્થ કદની છપાઈની જરૂર હોય, તો કૃપા કરીને સીડબ્લ્યુપી (CWP) ના કર્મચારીઓ સાથે વાત કરો, ઈમેલ કરો: <a href="mailto:info@cwps.nhs.uk">info@cwps.nhs.uk</a> અથવા આ સરનામે લખો: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>यदि आपको अनुवाद सेवाएं या इस दस्तावेज की अन्य भाषाओं में नकल, ऑडियो टेप, ब्रेइल लीपि या विशाल आकार में छपाई की आवश्यकता हो, तब कृपया सीडब्ल्यूपी (CWP) कर्मचारीयों के साथ बात किजीये, या ईमेल किजीये: <a href="mailto:info@cwps.nhs.uk">info@cwps.nhs.uk</a> या इस पते पर लिखिये: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>Jeśli wymagane jest tłumaczenie lub kopia niniejszego dokumentu w innych językach, na taśmie magnetofonowej, w języku Braille'a lub dużym drukiem, prosimy o skontaktowanie się z członkiem personelu CWP (Organizacja partnerska krajowego systemu zdrowia regionów Cheshire i Wirral) lub przez pocztę elektroniczną: <a href="mailto:info@cwps.nhs.uk">info@cwps.nhs.uk</a> lub na adres: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>Os oes arnoch angen gwasanaeth cyfiethu neu gopi o'r ddogfen hon mewn ieithoedd eraill, tâp sain, Braille neu brint mawr, siaradwch ag aelod o staff CWP, e-bost <a href="mailto:info@cwps.nhs.uk">info@cwps.nhs.uk</a> neu ysgrifennwch i: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>

### Feedback

We welcome any suggestions you have, please send your **comments, concerns, complaints and compliments** to: Cheshire & Wirral Partnership NHS Foundation Trust, **PALS, Complaints and Claims Team**, 1829 Building, Liverpool Road, Chester, CH2 1HJ.

For more information see [www.cwps.nhs.uk](http://www.cwps.nhs.uk)

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Cheshire and Wirral Partnership **NHS**  
NHS Foundation Trust

## FALLS Prevention

### Information leaflet

Care • Well-being • Partnership

Being in hospital may be an unfamiliar experience that can create anxieties and some short term worries. We realise that these two factors can increase your risk of falling. We hope that you will find the information below useful and helpful.

### **How common are slips, trips and falls?**

Slips, trips and falls are very common. They can cause injury, pain and suffering. Many service users admitted to our wards have fallen and are at risk of falling again. The risk of falls increases in service users with mobility problems, who may be confused and have medical problems such as failing eyesight, blood pressure problems, epilepsy and restricted blood supply to the brain.

There are often several service users in wards who are at risk of falling and there are always more service users than nursing staff. It is therefore not possible to watch every service user all of the time. Research has shown that even if we had a nurse available to be with each service user, we would not prevent all falls. However, your safety is our priority and we will try our best to make sure your bedroom is close as possible to us.

### **Things that you can do to prevent falls...**

- Please inform your nurse of any slips, trips and falls
- Only bring into hospital what you need

- Be careful when you are bending down to collect your things
- Use your call bell if you are unable to get out of your chair or bed
- Wear non-slip shoes and ensure slippers fit properly
- Use your walking aids and keep them within reach.

### **Things we can do to prevent falls**

- Nursing staff will undertake assessments to determine your risk of falls
- We will involve you and your carer in every step of your care
- We will review your medicines that you are taking as some medicines can lead to dizziness
- We will provide walking aids if appropriate
- We will start a programme of rehabilitation which will enable you to regain your confidence and regain your independence following your fall
- Following assessment, we may use bed rails to ensure your safety and prevent falls. This practice will only be considered following discussion with yourself and your carer.

- You may be seen by a physiotherapist who will ask you questions about your home. They may do a home assessment to make sure you will not be at risk of falling when you leave hospital
- We will speak to your community mental health team about your falls care in hospital. They will carry on any treatment that has commenced in hospital and will review regularly

### **The Hospital ward**

We know that being in unfamiliar surroundings can increase the risk of falls. When you have settled onto the ward, the nurse will show you around the ward to ease some of these anxieties. Some areas on the ward are colour coded to help you find them easily.

### **Our Quality statement**

We are always looking at ways to improve the quality of care that we are providing and we have several ways of doing this. All falls are recorded, reported and reviewed. Your care plan on falls will be reviewed regularly to ensure that we are providing the best quality of care.

We take part in national falls work to compare our practice with other organisations.

Last but not least – we will ask you and your carer for your views on the care that you have received.