

While in hospital, you may experience low blood pressure or dizziness when standing or sitting.

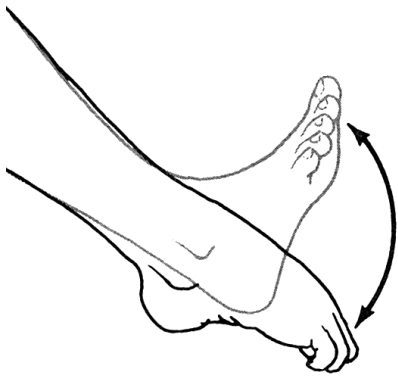
Sit for a moment before you stand up.

The following exercise can help.

Before getting up from your bed or chair do some simple leg exercises.

### **Leg exercises to help with circulation**

- Point your toes and release a few times
- Tighten the muscles in your calves and release them
- Move your legs up and down or in a circular motion to get the circulation going



### **Tell the nurse or doctor if you:**

- Feel dizzy
- Have chest palpitations
- Have pain or difficulty passing urine
- Feel muddled or not your normal self

### **Other important advice:**

- **Don't use hospital furniture to help you walk** – most of it is on wheels and often moves unexpectedly
- Please report any wet floors to a member of staff as soon as possible

### **Don't be shy, ask for help**

- **Please use the call bell provided**
- **Don't be worried about asking for help or assistance – we are here to help, even if we look busy**

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format**

Falls Steering Group  
Reviewed: September 2022  
Next review due: September 2024



**Royal Berkshire**  
NHS Foundation Trust

## **Falls prevention in hospital**

Information for  
patients, relatives  
and carers

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**When you are unwell, you can become more unsteady on your feet, making it more likely you will have a fall.**

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Here at the Royal Berkshire NHS Foundation Trust we take falls seriously and make every effort to reduce falls risks within hospital.

**Things that can increase the risk of falling:**

- Poor or worsening mobility
- Being medically unwell
- Certain medical conditions
- Spending more time in bed
- Being inactive e.g. prolonged sitting
- Dehydration (not enough fluids)
- Being barefoot or wearing inappropriate footwear
- Being in a new environment
- Changes to your routine
- New or existing confusion
- Low blood pressure
- Getting up without assistance or supervision

**What will the Trust do to reduce my risk of falls while I am in hospital?**

- The ward team will carry out a falls risk assessment
- Physiotherapy and occupational therapy teams will assess you
- Provide you with equipment and exercises as appropriate
- If you do not have any safe footwear with you, the ward team can give you slipper socks
- The ward will contact a relative to bring in your own footwear (this is the best option)
- We will ensure you have access to a call bell

**Additional measures may be considered for those at higher risk of falls:**

- Move to a more visible bed
- Falls alarms
- Low beds
- Increased supervision

**How can I reduce my risk of falls while in hospital?**

- Use the call bell provided and wait for help
- Always follow the advice and use the equipment provided to you
- Be aware of your surroundings and any equipment that may be in your way
- Before walking, sit upright for a few moments on the edge of your bed to find your balance before standing up
- If you wear glasses or hearing aids, make sure they are working, clean and worn as prescribed
- Always wear appropriate footwear when walking, and make sure they fit properly
- Make sure you cannot trip over your clothing e.g. wear a belt
- Keep hydrated; have lots of little sips of water
- Inform staff if you have a fallen in the past year and / or if you are worried about falling