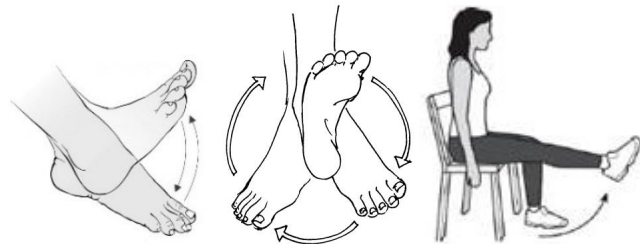


While in hospital, you may experience low blood pressure or dizziness when standing or sitting.

Sit for a moment before you stand up. The following exercises may help you prepare your body before standing up, especially if you have been lying or sitting for a prolonged period.

### Leg exercises:

- Point your toes up towards you and then point them away from you. Repeat 10 times. Now draw 10 circles with your ankle. Repeat with the other foot.
- Tense the muscles in your calves and release them.
- While seated, march your knees up and down. Repeat 10 times.
- While seated, extend (fully straighten) one leg, lifting it off the floor and pull your toes towards you. Hold for 3 seconds, and then relax. Repeat 10 times on each leg.



### 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**

RBFT Falls Steering Group  
Reviewed: October 2024  
Next review due: October 2026



# 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 to drink)
- 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, if required

### **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 may 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 while you wait for your footwear to arrive
- 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, including:**

- Move to a more visible bed
- Falls alarms
- Low beds
- Increase 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 for 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 – take 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
- Keep active by getting dressed and spending time out of bed