

Your nurse may have told you that you are at higher risk for fall. This brochure will help you and your family to understand why it is important to learn about fall. If you have any questions, please feel free to ask your health care provider.

### **Q. Why is it necessary for you and your family to know about fall and what are the factors that make you at risk of fall?**

Falls are the leading cause of injury and accidental deaths in the hospitals. There are several factors that may increase the risk of fall. These include:

#### **Intrinsic Factors:**

1. Poor muscle strength
2. Medications that can cause sleepiness
3. Extremes of ages (<5 & >65)
4. Pain
5. Vision, Hearing or Cognitive impairment
6. Past history of fall
7. Not fully recovered from past illness
8. Impairments in balance or gait

#### **Extrinsic Factors:**

1. Slippery surfaces and uneven surfaces
2. Obstacles (Throw rugs, highly waxed floors,)
3. Poor lighting
4. Unfamiliar surroundings
5. Improper use and maintenance of assistive devices
6. Use of ambulatory aids, stretcher or wheelchairs

### **Q. What are the medications that can increase risk of fall?**

Any medication that cause dizziness and drowsiness for e.g.

1. Anti-allergy
2. Certain pain-relieving medications like opioid and narcotic analgesics
3. Anti-psychotics and medications for seizures/epilepsy disorders
4. Anti-hypertensives
5. Hypoglycemic agents (Diabetes Medicines)
6. Medicines that decrease the heart rate
7. Eye drops

### **Q. Is it possible to prevent fall?**

Yes, falls can be prevented.

### **Q. What are the strategies that can help you prevent a fall in the hospital?**

Following are the points that can prevent you from fall

1. Always take assistance from someone, before you want to get out of bed.
2. Wear a band which states "RISK FOR FALL" all the time, if you are identified as, at risk for fall.
3. Ensure that the call bell is within your reach at all times.
4. Side rails should be kept raised at all times while on the bed.
5. Ensure that patient should not be left alone.
6. Place assistive devices such as walkers and canes within easy reach.
7. When you get up from lying down, sit up and wait before standing to avoid light headedness.
8. Lock all movable equipment before transferring patients for example, wheelchairs, commode chairs, stretcher.
9. Perform active range-of-motion exercises to improve flexibility and coordination.
10. Press the emergency bell if you have any doubts about falling while in the washroom.
11. Make sure the floor is dry and remove any environmental obstacles from the patient's walking area.

## Risk For Fall Patient Information



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