

Advice for Caregivers and Visitors

- Inform our staff how patient is managing at home and if he has a history of falls
- Accompany patient at all time. Please inform our staff if you need to visit the restroom or canteen so someone can watch over the patient.
- The correct footwear is critical to fall prevention. Ensure the patient is wearing well-fitting shoes with a slip-resistant sole. Avoid slippers or slip-in sandals, or any footwear with slippery or worn-out soles.
- Inform our staff immediately on any spillages, trailing cables, obstacles or any other items that might cause a person to trip
- Make sure the patient's belongings are within easy reach so he does not lose his balance when trying to reach for them.
- Please do not hesitate to ask any of our staff for assistance

给看护者与探访者的建议

- 如果病人有跌倒的过往经历, 通知我们的医护人员您在家里是如何照顾他/她的
- 请您随时陪伴病人。如您需要上洗手间或到餐厅饮食, 请通知我们的工作人员, 好让我们安排看护接替
- 合适的鞋子是预防跌倒的关键所在。确保病人穿着具有防滑鞋底的鞋子。避免拖鞋, 夹脚凉鞋, 或者是任何滑溜, 磨损的鞋子
- 请立即向我们的工作人员报告水渍, 松散电线/电缆, 及任何会绊倒人的物件
- 请确保病人的随身物品放在他/她触手可及的地方, 这样才能避免他/她不会在拿取物品时失去平衡
- 请不要犹豫地向工作人员寻求协助

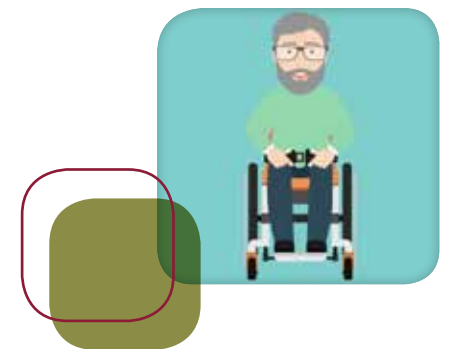


A GUIDE TO FALL PREVENTION

For patients and their families

预防跌倒指南

(病人和家属)



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A Member of the National Healthcare Group

Falls and related injuries are preventable

Our top priority is to ensure the safety of our patients when you are under our care. Working together as a multidisciplinary team, we are committed to proactively assess and take precautionary measures to prevent falls while you are in the hospital and when you return home.

跌倒及相关的受伤是可以预防的

当您在接受我们护理时，我们的优先考量是确保病人的安全。作为一个多学科医疗团队，我们承诺将主动评估和采取预防措施来预防病人在医院范围或返家后跌倒。



导致跌倒的风险因数

- 使您不稳定和虚弱的疾病或炎症
- 新添加或更换药物所引发的副作用
- 陌生环境所造成的迷惑
- 行动及记忆上的问题
- 长期卧床休息后的疲弱体虚
- 因经历跌倒而丧失信心的年长者
- 不合脚或已磨损的鞋

Risk factors attributed to falls

- An illness or infection can make you unsteady and weak
- Side effects of new or a change in your usual medications
- Unfamiliar surroundings causing you to feel disoriented
- Problems with mobility and/or memory
- Feeling weaker than usual, especially after a prolonged period of bed rest
- Loss of confidence especially for the elderly who has fallen previously
- Ill-fitting or worn-out footwear

Advice for patients

- Avoid quick or sudden movements, especially when turning your body
- Ask a family member or friend to sit with you
- Call for assistance if you feel weak or dizzy
- Be aware of obstacles, wet floors and other people around you
- Be careful when getting out of your bed or chair or when you are moving around
- Please do not attempt to get out of bed or walk around by yourself when our staff has already advised you against it
- Wear well-fitting shoes that have non-slip soles
- If you normally use walking aids, please continue to use them during your visit to the clinic
- Ask our staff to familiarise you with the layout of the clinic and toilets
- Avoid stretching or bending to reach things

给病人的建议

- 避免快速和突然的动作，特别当您扭转身体的时候
- 请求家人或朋友和您同坐
- 当您感到虚弱或晕眩时呼叫援助
- 小心障碍物，湿滑地板和您周围的人
- 当您从床上或椅子上起身或当您走动时请小心
- 请遵循医嘱，不要尝试自己从床上起身或走动
- 选择具有防滑鞋底的合适鞋子
- 如果您日常都有使用助行器，请你来诊所复诊时随身携带
- 请要求我们的工作人员带您熟悉诊所布局和厕所
- 避免拉伸或弯腰来拿取物件

