



*Remember,
you're not alone.*

*Ask our staff if you
have any concerns.
We're here to support
you during your
hospital stay.*



Government of **Western Australia**
North Metropolitan Health Service
Sir Charles Gairdner Osborne Park Health Care Group

In-hospital fall and post-fall care

Patient information

What to expect over the next few days

- We will monitor you closely for complications or further falls.
- Our healthcare professionals will assess and implement necessary care to reduce your risk of falling in the hospital.
- Our staff will provide you with education on fall prevention and safety measures.
- We encourage family members and caregivers to be actively involved in your care and fall prevention, especially by letting us know if your thinking is slowed or you are less orientated than normal.

SCGOPHCG 6333 05 24



Sir Charles Gairdner Hospital

- 📍 Hospital Ave, Nedlands WA 6009
- ☎ (08) 6457 3333
- ☎ Short Stay Unit (08) 6457 4181
- ☎ Hearing impaired (TTY) (08) 6457 3900
- 🌐 scgh.health.wa.gov.au

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Falls can happen for various reasons, including medical conditions, medications, weakness and environmental factors. We understand that having a fall while in hospital can be unsettling. Your safety and wellbeing are our top priorities. This information outlines what to expect over the next few days.



What happens after a fall?

- Our healthcare professionals check you for injuries or any immediate concerns and provide any necessary medical care.
- To prevent future falls, we will assess your risk factors and any environmental concerns.
- Your personalised care plan will address your specific needs and reduce the risk of future falls. This may include assessments, medication adjustments, physiotherapy or assistive devices.

What you can do

- Notify us if you experience dizziness, weakness, feel disorientated, have slower thinking or walking, or if there are any changes in your condition.
- Use your call button for assistance when getting out of bed or moving around.
- Light physical activity (if advised by the physiotherapist and occupational therapist) can improve your strength, balance and independence in activities such as toileting and showering.
- Discuss your medications with your doctor, pharmacist and nurse to manage fall risks.
- Report any potential hazards that could cause falls so we can address them promptly.

