

In SACH, we are collaborating with our patients, caregivers and visitors to create a restraint-free environment by applying a **SAFE** Strategy.

## Facts about Falls

Seniors are more prone to falls when they:

- are feeling dizzy
- are in unfamiliar surroundings
- have lower limb weakness
- have low blood pressure
- are experiencing side effects of certain medications (e.g., medication for high blood pressure)
- are in pain especially over the lower limbs



We aim to help patients lead an independent and active life.



- **No** bleeding
- **No** bruises
- **No** broken bones
- **No** prolonged hospital stay

## Contact Us

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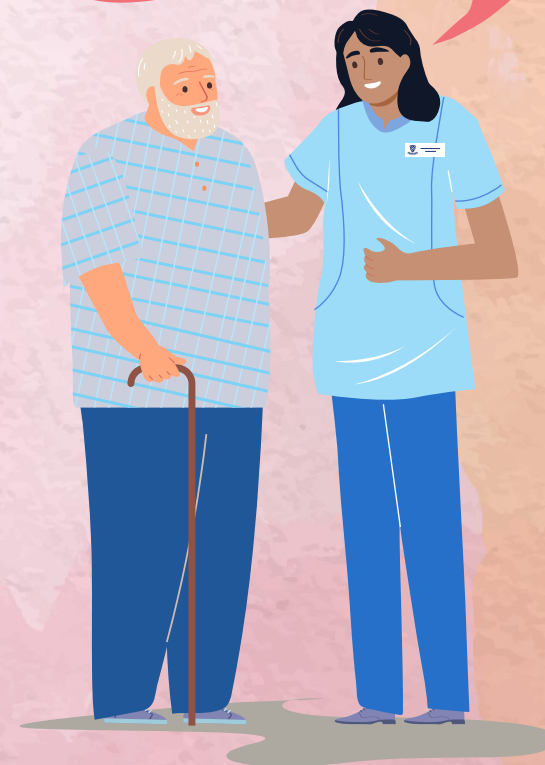
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# FALL

## Prevention tips during your stay In SACH



**ST. ANDREW'S  
COMMUNITY HOSPITAL**

## FOR PATIENTS\*

### Stay **A**ctive without **F**all **E**vents

\*Applicable to patients who are allowed to walk around



Do not get out of bed if you feel drowsy. Sit on the bed for a while before getting up.



Use proper walking aids if needed, with supervision.



Wear your anti-slip shoes, spectacles / hearing aids when you walk.



Be careful of objects on the floor.  
Do not walk on wet floor.

Do not walk if you feel dizzy. Press the call bell for assistance.



## FOR CAREGIVERS AND VISITORS

### Stay **A**lert for **F**all **E**vents

Stay with the patient at all times during your visit. Inform the nurse before leaving the ward.



Support/assist in the patient's rehabilitation sessions.

Check the '4Ps' before leaving the patient:

**Pain:** Do you have any pain now?

**Position:** Do you want to move to a comfortable position?

**Placement:** Here is the call bell. Do you need anything else?

**Personal needs:** Do you want to drink water or go to the washroom?

