

# 如何预防跌倒

## 住院者请注意：

- 某些药物会有引起头晕的副作用，服用后请不要在无人协助下走动。



- 要下床，上厕所或领取物件需要协助时，请按呼叫器。



- 请使用助行器，让医疗人员从旁协助。



- 检查并确保您的腰带系紧。
- 走动时，请带眼镜、助听器和穿适合的鞋子。

## 你知道吗？

在无人协助的情况下上厕所或离开床位是跌倒的主要因素。

其他可能导致跌倒的因素：

- 在陌生的环境里
- 身体不适
- 服用新药物而引起副作用
- 身体或伤口疼痛时
- 头晕
- 四肢无力
- 低血压
- 手术后



## 家属请注意：

探访住院者后，请确保呼叫器和生活必需品安放于易取得之处。

提醒住院者若是有什么需要，要记得按呼叫器，求助于医疗人员。



# Fall Prevention - A guide for patients and their families 住院者及家属 - 预防跌倒的指南



ST. ANDREW'S  
COMMUNITY HOSPITAL

# TIPS TO AVOID FALLS

## For Patients

- Avoid walking after taking your medication, as certain medications can cause drowsiness.



- Press the call bell to ask for help when you need to get out of bed.



- Use walking aids, and refrain from moving around without staff supervision



- Check your pants to ensure that it is secured at the waist.
- Wear your spectacles / hearing aids and appropriate footwear when walking around.

## Did you know?

More patients fall while:

- walking to the toilet without assistance or supervision;
- getting out of bed without assistance or supervision.

## Patients are more prone to falling when they:

- are in unfamiliar surroundings
- are not feeling well
- are taking new / different medications, which may cause side effects
- are in pain
- are feeling dizzy
- are experiencing muscle weakness, especially in the limbs
- have low blood pressure
- have just undergone surgery



## Visitors Advice

Before you leave, please make sure the call bell and the patient's personal items are within their reach.

Do also remind your loved one to ask for help when they need to get out of bed.



**ST. ANDREW'S  
COMMUNITY HOSPITAL**

(A service of St. Andrew's Mission Hospital)

8 Simei Street 3, Singapore 529895

Tel : 6586 1000

Fax : 6586 1100

Email : [general@sach.org.sg](mailto:general@sach.org.sg)

Website : [www.sach.org.sg](http://www.sach.org.sg)

[www.facebook.com/likeSACH](https://www.facebook.com/likeSACH)



**Say "NO" to falls**

No Bleeding, No Bruises

No Broken Bones

No Increased hospitalisation cost

避免跌倒

避免瘀青流血

避免受伤骨折

避免留医费用的增加