

# Fall prevention during a hospital stay

## Byltuvarnir meðan dvalið er á spítala

It is common for patients to fall in hospitals, and it can have serious consequences. Various things can increase the risk of falling, such as illness, a sedentary lifestyle, use of sedatives, delirium, dizziness, and urinary and bowel problems.

**It is suggested to keep the following recommendations in mind to reduce the risk of falls and increase safety.**



Notify someone if you have recently fallen or are concerned about falling.



Use the bell if you need assistance getting out of bed, going to the bathroom, or with anything else.



Tell someone if your vision is blurry. If you use glasses, make sure that they are clean. Avoid walking around wearing your reading glasses as it can impair your vision. Keep in mind that bifocals can pose a risk when walking down stairs.



Make sure that your personal belongings, such as glasses, phone, reading material, and drinks, are within easy reach.



Drink plenty of fluids. Unless otherwise advised, drink a minimum of 1.5 litres of fluid per day. Make sure to eat well to keep your strength up.



Ask a doctor to review your list of medications. Many medicines can increase the risk of falls and therefore regular reviews are warranted. Make sure to go to the bathroom before taking your evening medication.



Wear non-slip socks or sturdy shoes. Shoes need to fit, stay firmly on your feet, and be easy to put on and take off.



We recommend doing exercises to stimulate blood circulation when you get out of bed or get out of a chair, to reduce the risk of hypotension and dizziness.

- » Flex and extend your ankles several times.
- » Bend and straighten your knee several times.
- » Gently sit up and sit on the bedside for a while before getting up.
- » Stand up carefully and be sure to have good balance before taking a step.



Sit down and alert the staff if you feel dizzy when standing up.



Use your own walking aids in the hospital if you use such aids at home. Make sure to always keep them within reach. Let someone know if your walking aids are malfunctioning. Take care when leaning on objects on wheels, such as an IV pole or a bedside table, as they can start moving.



Exercise as much as your health permits. Short walks accompanied by staff or caregivers strengthen the body and enhance well-being.



Pay attention to your surroundings. Don't be afraid to request the removal of items that are situated in the walkway or make you feel unsafe.



Be especially careful when using the bathroom, as this is where most falls occur. Don't hesitate to ask for help if you need it.

## Further information

Landspítali's website with educational material on falls: [www.landspitali.is/byltur](http://www.landspitali.is/byltur)

A video showing how to get out of bed safely: <https://vimeo.com/425461548?ref=fb-share&>

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This educational material is provided for patients at Landspítali and their families, and is based on the best information available at the time of publication. The purpose of this publication is to support the professional advice of Landspítali's medical staff, who will provide further information as needed. This material is not intended to replace personal guidance from medical staff.

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