

# 预防在医院里摔倒

## Preventing Falls in the Hospital

While you are in the hospital, you may have tests, treatments or new medicines that could cause you to feel weak or dizzy. Even being in bed for just one day can make you feel weak. Be careful to avoid falling while you are in the hospital.

### To Help Prevent Falls:

- Make sure your call light, table, telephone and anything else you need are within reach before staff leave the room.
- Ask the staff to help you as needed. Ask your nurse or doctor what activities are safe for you to do on your own.
- Ask for help **before** you get out of bed if you feel weak, lightheaded or dizzy.
- Wear slippers, socks or shoes that will not slip. Ask for a pair of slip resistant socks if needed.
- Keep the side rails on your bed up. Do not lean against the side rails.
- Take your time. Move slowly. Sit at the side of the bed for a minute before you stand up.
- Never use an IV pole or anything with wheels to support you.
- Go to the toilet often so you will not have to hurry.
- Ask someone to unplug and plug in your IV pump. Bending over can cause dizziness.

您在医院时,可能有测试、治疗或可能服用使您觉得虚弱、晕眩的新药。甚至只躺在床上一天都可能使您觉得虚弱。因此在医院中请慎防摔倒。

### 为防止摔倒:

- 在医护人员离开病房之前,请确定您的呼叫灯、桌子、电话和任何其他您需要的东西都在伸手可及的范围内。
- 需要时请工作人员帮忙。询问医生或护士,哪些活动您可以自己安全地进行。
- 如果您感到虚弱、头重脚轻或头晕,请在起床**前**寻求帮助。
- 穿防滑的拖鞋、袜子或鞋。如有需要,可要求提供一双防滑袜子。
- 将您床边的护杠支起。不要倚靠护杠。
- 慢慢来。慢慢移动。站起来之前,先在床边坐一小会儿。
- 千万不要用静脉滴注杆或任何有轮子的东西作支撑。
- 常去厕所,这样您就不需急于如厕。
- 要求其他人为您的静脉滴注泵断电或插入电源。弯腰可能会引起头晕。

- Avoid wearing long nightgowns or robes.
- Keep a light on in your room—even at night.
- Ask how to use devices such as canes, walkers and wheelchairs.\

**Expect that staff will:**

- Check on you often.
- Respond quickly to call lights and alarms.
- Store equipment and items out of the way.
- Clean up spills or slippery spots.

**Talk to your doctor or nurse if you have any questions or concerns.**

- 避免穿着长睡衣或长袍。
- 在您的房间始终亮一盏灯, 即便是在夜晚。
- 询问如何使用器件, 例如手杖、助行器和轮椅。

**期望医护人员将:**

- 时常查看您。
- 快速对呼叫灯和呼叫铃作出反应。
- 将设备和物件储放好, 以免妨碍您行走。
- 清洁溢出物或湿滑处。

**如果您有任何疑问或疑虑, 请与您的医生或护士讨论。**