

Ka Hortagga Dhicitaanka ee Isbitaalka

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.

Inta aad ku jirtid isbitaalka, waxaa laga yaabaa inaad yeelato baaritaano, daaweyn ama dawooyin cusub oo sababi kara inaad dareento daciifnimo ama dawakh. Xitaa inaad sariirta jiipto hal maalin kaliya waxay kaa dhigi kartaa inaad dareento daciifnimo. Ka taxaddar inaad dhicin inta aad isbitaalka ku jirto.

Caawinta Kahortagga Dhicitaanka:

- Hubso in nalkaaga wicitaanka, miiskaaga, taleefankaaga iyo wax kasta oo kale oo aad u baahan tahay ay yaalaan meel aad gaari karto kahor inta aysan shaqaalaha ka bixin qolka.
- Ka codso shaqaalaha inay kuu caawiyaan sidii loogu baahdo. Weydii kalkaalisadaada ama takhtarkaaga hawlaha aan ku dhibatayn karin inaad keligaaga samaysid.
- Weydiiso caawimaad **kahor** intaadan sariirta ka soo kicin haddii aad dareemaysid daciifnimo, madax fudeyd ama dawakh.
- Xiro dacas, sharaabaad ama kabo aan kula sabiibaxaynin. Codso sharaabaad aan sabiibax lahayn haddii loo baahdo.
- Alwaaxaha/biraha sariirta dhinaceeda ah kor u qaad. Haku tiirsanin alwaaxaha/biraha sariirta dhinaceeda ah.
- Wakhtigaada qaado. Si tartiib ah u soco. Fadhiiso sariirta dhinaceeda dhowr daqiiqo kahor inta aadan istaagin.
- Marna ha isticmaalin tiirka IV ama wax kasta oo leh lugo si aad ugu tiirsado.
- Marwalba musqusha aad si aynaan u dhicin inaad dhakhso u socoto.
- Qof weydiiso inuu kugu suro ama uu kaa saaro tuubada IV. Foorarku waxa uu sababi karaa dawakh.

- 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.

- Iska ilaali xirashada xargo ama dharka jiiifka ee dheer.
- Qolkaaga nalka haku daarnaado—xitaa habeenkii.
- Weydii sida loo isticmaalo qalabyada sida usha, qalabka lagu socodo iyo kursiga curyaamiinta.\

Filo in shaqaalaha ay:

- Marwalba ku soo hubin doonaan.
- Si dhakhso ah uga soo jawaab celin doonaan nalka wicitaanka iyo alaarmiyada.
- Xarayn doonaan sheeyada iyo qalabyada wadooyinka iska yaala.
- Nadiifin doonaan goobaha ay wax ku daateen ama lagu kufi karo.

La hadal dhakhtarka kaaga ama kalkaaliyahaaga haddii aad qabto wax suaalo ah ama welwel ah.