

避免在醫院裡摔倒

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.

您在醫院時，可能有測試、治療或服用使您覺得虛弱或頭暈的新藥。甚至只臥床一天都可能使您感覺虛弱。因此在醫院中請慎防摔倒。

為幫助防止摔倒：

- 在醫護人員離開房間之前，請確定您的呼喚鈴、桌子、電話和任何其他您需要的物品都在伸手可及的範圍內。
- 需要時請工作人員幫忙。詢問醫生或護士，哪些活動您可以自己安全地進行。
- 如果您感到虛弱、頭重腳輕或頭暈，請在起床前尋求幫助。
- 穿防滑性能好的拖鞋、襪子或鞋。如有需要，可要求提供一雙防滑的襪子。
- 將您床邊的護桿支起。不要依靠護桿。
- 保持從容。慢慢移動。在您站起之前，先在床邊坐一小會兒。
- 千萬不要用靜脈滴注桿或任何有輪子的物品作支撐。
- 常去廁所，以免需要急忙如廁。
- 請其他人為您的靜脈滴注泵斷電或插入電源。彎腰可能引起頭暈。

- 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.\
- 避免穿著長睡衣或長袍。
- 在您的房間始終亮一盞燈(即便是在夜晚)。
- 詢問如何使用器件,例如手杖、助步器和輪椅\

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.

期望醫護人員:

- 時常探視您。
- 迅速回應呼喚鈴和報警器。
- 將設備和物件儲放好,以免妨礙您行走。
- 清潔溢出物或濕滑處。

若您有任何疑問或擔憂,請諮詢您的醫生或護士。