

Partner Us to **Prevent Falls**



Did you know?

- Falls are common among older persons
- One in three persons above the age of 65 has fallen at least once in the past year
- A fall is likely to occur again if you have fallen before
- A fall can result in fractures and affect your ability to walk
- Some falls can result in death

Most falls can be prevented.

This booklet shares with you some of the common causes of falls in the ward, and how you can prevent them.

In the hospital

Most falls occur:

- near the patients' beds
- when patients are on their way to the toilet
- when patients are in the toilet



Patients who are at high risk of falls will be identified by this sign when they are warded at Ng Teng Fong General Hospital and Jurong Community Hospital.

Important information for all patients:



1



**Press the red button
on the handset
for assistance**

4



**Get up slowly from
a lying down to a
sitting/standing
position**

2



**Allow a staff
to assist you**

3



**Always get off the
bed/chair with a
staff's help**

5



**Wear non-skid
footwear**

6



**For your safety and to
prevent falls in the toilet,
please allow our staff
to assist you**



**Do not get out of bed
without assistance**



**Do not retrieve items
beyond your reach**

2



**Do not attempt to
walk without
supervision**

3



**Do not use the
over-bed table as a
support/walking aid**

5



**Do not stand on
the foot rest of a
commode chair**

**Your safety is our concern.
Help us to help you have a
safe hospital stay.**



**Do not hesitate to call our
staff for assistance by
pressing on the call bell at
your bed or in the toilet.**

Problem/ condition	What to do
Drowsiness from certain medications or after surgery	<ul style="list-style-type: none"> • Stay in bed with the bed rails raised at all times • Do not climb out of bed • Use a call bell for assistance • Ask for help if you feel unwell or unstable, but need to use the toilet
Giddiness due to high or low blood pressure	<ul style="list-style-type: none"> • Take your time to change from one position to another to prevent postural hypotension • Sit immediately if you feel giddy while standing or walking • Do not get out of bed/wheelchair/commode/toilet seat alone. Allow our staff to be by your side during transfers • Use a call bell for assistance

Problem/ condition	What to do
Frequency or urgency in passing urine, need to stand up to pass urine or experiencing diarrhoea	<ul style="list-style-type: none"> • Discuss your toilet needs with our staff, for example voiding time, use of commode/urinal • Use the call bell for assistance if you experience drowsiness or weakness • Have someone stay with you
Difficulty in standing and/or walking	<ul style="list-style-type: none"> • Use the walking aid(s) as advised • Do not lean on the over-bed table for support. It has wheels and you could topple over • Use a call bell for assistance • Wear shoes with non-slip soles that fit you well • Use a walking aid for balance and support to move around

For further clarifications, please contact any of our staff.

Information for relatives/loved ones:

We invite our patients' relatives to partner us in preventing falls in the ward. Here are seven tips to do so:

PREVENTING FALLS TOGETHER

Partnering You to Look After Your Loved Ones



**RAISE AND SECURE
THE BEDSIDE RAILS**



**KEEP THE
PATIENT'S BELONGINGS
WITHIN REACH**



**MAINTAIN A SAFE
ENVIRONMENT
KEEP THE PATIENT'S
BEDSIDE NEAT**



**ADJUST THE BED
TO THE LOWEST POSITION**



**WHEN THE PATIENT NEEDS
TO GO TO THE TOILET
CALL THE NURSE
FOR ASSISTANCE**



**PLACE NURSE CALL BELL
WITHIN THE PATIENT'S REACH**



**INFORM THE NURSE
WHEN YOU LEAVE**



**SCAN HERE
TO WATCH
THE VIDEO!**

For more information

Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

www.ntfgh.com.sg | www.jch.com.sg

Clinic opening hours

Monday – Friday: 8.30am – 5.30pm

Saturday: 8.30am – 12.30pm (Selected clinics only*)

Dental Clinic: Monday – Thursday: 8.00am – 5.30pm, Friday: 8.00am – 5.00pm

**Please refer to our websites for more details.*

General enquiries & appointments

General enquiries line: 6908 2222 (24-hr)

Fax: 6716 5500 | Email: contactus@nuhs.edu.sg

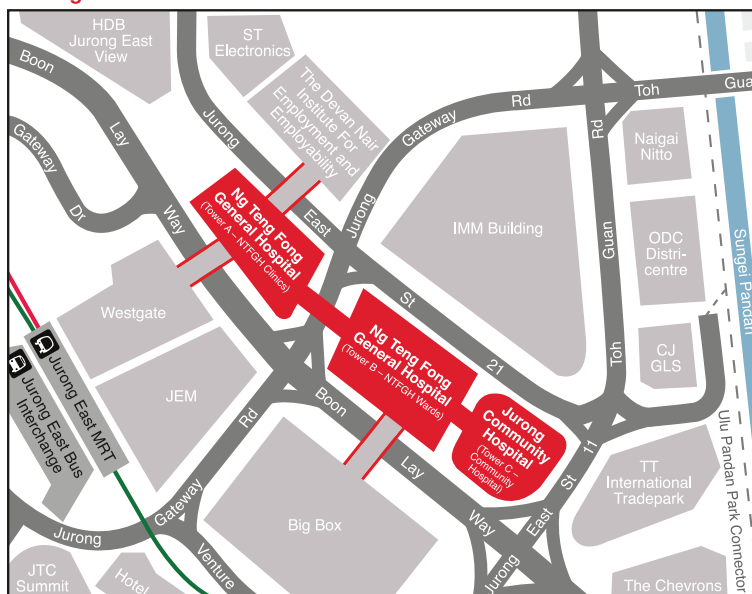
Appointment line: 6908 2222 (Monday – Friday: 8.00am – 5.30pm, Saturday: 8.00am – 12.30pm)

Fax: 6716 2200 | Email: appointment@nuhs.edu.sg

Dental appointment line: 6716 2233 (Monday – Friday: 8.00am – 5.30pm)

Fax: 6716 2200 | Email: JHCampus_Dental@nuhs.edu.sg

Getting there



By train

Alight at Jurong East MRT Station

By bus

Jurong East Bus Interchange

41, 49, 51, 52, 66, 66B, 78, 78A, 79, 79A, 97, 97E, 98, 98M, 105, 143, 143M, 160, 160A, 160M, 183, 183B, 197, 333, 334, 335, 506

Along Boon Lay Way

49, 99, 333, Private bus service 625, 990

Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition. Information is accurate at the time of printing.