

# Twelve Guidelines for Preventing Falls in Hospitalized Patients

## 住院病人預防跌倒 12 須知-中英

During hospitalization, falls are more likely to occur due to the effects of medication and physical weakness. To reduce the risk of accidents and injuries, the following methods for fall prevention are provided for your reference. Please also keep an eye on neighboring patients during your hospital stay. Let's work together to prevent patient falls.

住院期間因服用藥物及體力影響，容易發生『跌倒』事件，為減少事故傷害發生，以下提供預防跌倒的方法給您參考，請您留院期間也隨時注意隔壁床的病人，讓我們一起為預防病人跌倒做把關。

### I. Those individuals are prone to falls. 一、那些人容易跌倒

1. Individuals aged over 65 or those with unstable gait.  
1. 年紀大於 65 歲或步態不穩者。
2. Individuals with a history of falls in the past year.  
2. 過去一年曾有跌倒紀錄者。
3. Individuals without family caregivers or companionship.  
3. 無家屬照顧陪伴者。
4. Individuals who are frail, dizzy, lightheaded, anemic, or have unstable blood pressure.  
4. 虛弱、頭暈、暈眩、貧血、血壓不穩者。
5. Individuals with confusion and agitation.  
5. 意識混亂、躁動。
6. Individuals with blurred vision (e.g., glaucoma, cataracts) or visual impairment.  
6. 視力模糊（如：青光眼、白內障）、視盲者。
7. Individuals with poor mental state, inability to concentrate, and insomnia.  
7. 精神狀態差、注意力無法集中、失眠者。
8. Individuals with unilateral or bilateral limb weakness, reduced lower limb muscle strength, and mobility difficulties.

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## 住院病人預防跌倒 12 須知-中英

- 8.一側或雙側肢體無力、下肢肌力減退、行動不便者。
- 9.Individuals with conditions such as delirium, Parkinson's disease, degenerative arthritis, dementia, depression, or multiple chronic diseases.
- 9.疾病：瞻妄、帕金森氏症、退化性關節炎、失智、憂鬱症等，或罹患多種慢性病患者。

### II. Conditions that are prone to falling. 二、那些情況容易跌倒

- 1.Individuals taking sedatives, sleeping pills, analgesics, laxatives, diuretics, antihypertensive drugs, antidiabetic medications, as well as antipsychotics and antidepressants, may experience drowsiness or dizziness due to the effects of these medications, leading to falls.
- 1.服用鎮靜劑、安眠藥、麻醉止痛劑、輕瀉劑、利尿劑、降血壓藥、降血糖藥物，及抗精神病藥物、抗憂鬱症藥物者，因藥物的作用，易造成嗜睡或暈眩而跌倒。
- 2.Slippery floors:Commonly seen when the floor is wet after bathing, leading to slips and falls.
- 2.地面濕滑：常見如沐浴後地面潮濕而滑倒。
- 3.Insufficient lighting, obstacles in the walkway causing trips, or lack of handrail facilities.
- 3.照明不足、走道有障礙物而絆倒，或沒有扶手設備。
- 4.Improper use of bed rails or wheelchairs.
- 4.床欄或輪椅等設備使用不當。
- 5.Wearing oversized or excessively long clothing, ill-fitting or non-slip shoes, walking barefoot or only in socks.
- 5.衣褲過大或太長、鞋子不合腳或沒有防滑功能、僅穿著襪子或光腳走路。
- 6.Urgency to use the restroom:Urgent urination or rushing to the restroom after enema administration may lead to falls due to running too quickly.
- 6.急於上廁所：如急尿或灌腸後急於上廁所均可能因跑的太急而跌倒。

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## 住院病人預防跌倒 12 須知-中英

7. Getting up to use the restroom in the middle of the night or early morning, with grogginess and urgency, increases the risk of falls.

7. 半夜或清晨起床上洗手間，因意識朦朧加上急於如廁而增加跌倒的危險性。

### III. 12 Key Points for Fall Prevention 三、預防跌倒 12 需知

**Tip 1 :** Before getting out of bed, sit on the edge of the bed for a while (Figure 1), then swing both legs for about 3 to 5 minutes to promote blood circulation in the lower limbs. If there are no discomforts, then be assisted by a family member to get out of bed (Figure 2). All daily activities should be performed slowly, such as going to the restroom, getting out of bed, or changing positions. Lower the height of the bed and secure the bed wheels. When sitting on the edge of the bed, both feet should touch the ground firmly.

**第 1 知：**下床前先坐在床上一會兒（如圖一），而後擺動雙腳約 3~5 分鐘促進下肢血液回流，無不適再由家屬扶下床（如圖二）；日常生活動作皆宜緩慢，如：上廁所、下床或改變姿勢，要降低床的高度並固定床的輪子，坐於床緣時雙腳能剛好著地為主。

**Tip 2 :** If assistance is needed, immediately press the call bell to notify nursing staff (Figure 3). The call bell should be placed next to the pillow. When family members or caregivers are about to leave the room, please inform the nursing staff in advance.

**第 2 知：**有需要協助時立即按呼叫鈴通知護理人員（如圖三），叫人鈴應放置枕頭旁，當家屬或照顧者要離開病房



Figure 1 : Sit on the bed and adapt



Figure 2 : Family members helped out of bed



Figure 3 : If you need assistance, please press the call bell

# Twelve Guidelines for Preventing Falls in Hospitalized Patients

## 住院病人預防跌倒 12 須知-中英

時，請您事先告知護理人員。

**Tip 3:** Frequently used items should be placed on the bedside table or within easy reach (Figure 4), such as water, tissue, and the call bell.

**第 3 知：**常用物品應放在床旁桌或手易拿到處（如圖四），如：開水、衛生紙及叫人鈴等。

**Tip 4:** When using an IV pole or wheelchair, it should be positioned conveniently by the bedside (Figure 5) to facilitate getting out of bed and to prevent tripping hazards.

**第 4 知：**使用活動點滴架或輪椅，應先推至方便下床側（如圖五）並避免絆倒。

**Tip 5:** When lying in bed, both side bed rails should be raised. When getting out of bed, lower the bed rails. Do not climb over the bed rails to exit the bed (Figure 6).

**第 5 知：**臥床時雙側床欄杆應拉起，下床需放下床欄杆，切勿翻越床欄下床（如圖六）。

**Tip 6:** Maintain bright lighting in the room, and ensure adequate lighting in corridors and bathrooms at night. Keep pathways free of obstacles, and ensure that bed wheels are secured (Figure 7).

**第 6 知：**病房內燈光要保持明亮，夜間走道和浴室皆應有適度照明，通道不要有障礙物，病床輪子要固定（如圖七）。

**Tip 7:** When the patient is confused or agitated, raise the bed rails (Figure 8) to prevent accidental falls.



Figure 4: The item is placed in a place where it is easy to handle



Figure 5: Push the wheelchair to the side of getting out of bed



Figure 6: Do not get out of bed over the bed rail



Figure 7: The wheels of the hospital bed should be fixed



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## 住院病人預防跌倒 12 須知-中英

**第 7 知：**當病人有意識不清、躁動等，應將床欄拉起（如圖八），以防不慎跌落。



Figure 8 : Pull up the bed rail

**Tip 8 :** Wear clothes and pants that fit properly, avoiding oversized or excessively long ones (Figure 9). Ensure that the openings of shirts and pants are fastened with elastic bands (Figure 10). If the sleeves of small garments are still too long, they can be folded back. Shoes should also be of appropriate size, stable, with thick soles, slip-resistant (Figure 11), and low-heeled. Replace worn-out shoe soles when necessary.



Figure 9 : Avoid over-length clothing and pants

**第 8 知：**穿著大小合宜衣褲，勿過大或過長（如圖九），衣褲開襟處應將鬆緊帶綁好（如圖十），若小件衣褲袖子仍過長可協助反摺；鞋子也應大小合適、平穩、厚底、防滑（如圖十一）、低跟。若鞋底磨損應更換。

**Tip 9 :** Keep the floor dry at all times. If it becomes wet, immediately notify the staff.

**第 9 知：**地面隨時保持乾燥，若有潮濕，立即通知工作人員。

**Tip 10 :** When using the restroom, it's important to have assistance nearby, especially when the body begins to shift after using the toilet. Grab bars in the bathroom (Figure 12) can provide support for patients. If unable to move independently, use the call bell (Figure 13) to request assistance from nursing staff. When using bedpans, urinals, or commode chairs without assistance, please use the call bell to summon nursing staff for assistance.



Figure 10 : Appropriate clothes



Figure 11 : Non-slip shoe removal

**第 10 知：**如廁須有人在旁扶持，尤其如廁後身體開始移位時，浴廁有扶手（如圖十二）可讓病人支撐，若無法自行行動應以呼叫鈴（如圖十三）尋求護理

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人員協助；如需床上使用便盆、尿壺、便盆椅且無人陪伴時，請按呼叫鈴由護理人員協助。



Figure 12 : Handrail



Figure 13 : Call bell

**Tip 11 :** Encourage reducing water intake before bedtime and emptying the bladder beforehand to minimize the need to use the restroom at night. For those with weakened physical strength who need to use the restroom while in bed (or beside the bed), bedpans, portable commode chairs, or urinals should be placed conveniently nearby for easy access. Caregivers should ensure these devices are kept clean and ready for use at all times.

**第 11 知：**鼓勵睡前減少飲水量並先排空膀胱，減少夜間如廁機會；對於體力虛弱建議於床上（或床旁）如廁者，所使用的便盆、活動式便盆椅或尿壺等須放置在方便拿取的床旁，且照護者應隨時清潔保持便盆椅在可使用狀態。

**Tip 12 :** Individuals with unsteady gait should have someone accompany them and use a walking aid when getting out of bed, preferably a four-legged walker for stability. Those who use walking aids at home should bring their canes, walkers, etc., to the hospital for ease of mobility.

**第 12 知：**步態不穩者，需有人陪伴在側，下床時使用助行器輔助，建議四腳較為穩固；於家中有使用行走輔助器活動者請將拐杖、助行器等帶至醫院使用，以利活動。