



# Fall Prevention

## Information for Patients and Families



The Ruby Red Socks Fall Prevention Program is a highly visible and memorable way to try and prevent our patients from falling.

### Ruby Red Socks:

- Are a visual way to remind patients they need assistance or supervision when walking
- Are a bright, visual warning to staff and visitors that the patient is at risk of falling, so that appropriate care can be taken.

### Falls Facts

Falling may prolong a patient's hospital stay or recovery period.

Falling may cause **severe injury** especially if a patient:

- has a condition such as osteoporosis (a disease in which the bones become extremely weak or fragile)
- takes a blood thinning agent such as Warfarin or Plavix.

### Common factors that can influence a fall:

- Furniture, equipment and ward layout
- Your general health
- The medication you take
- Your pain relief
- Whether you are safe to walk and carry out day to day activities on your own
- Toilet issues.

### Fall Risk Assessment

On admission, a falls risk assessment will be completed to determine if you are at risk of a fall. If you have any fall risks, we will discuss ways to help you avoid a fall, with you and your relatives.

### How to reduce your risk of falling:

- Wearing supportive flat, non-slip shoes or Ruby Red Socks (if provided)
- Staff will put up signs:
  - to remind you to **'Call Don't Fall'**
  - to alert staff that you require close observation when walking: **'Look at Me Please'**
- A toileting program so that you don't have to rush to the bathroom.

### Useful points to help you keep safe during your stay in hospital

#### Getting up:

- Please use your call bell to call for help
- Wear the Ruby Red Socks, if provided
- When you are moving from a lying down position to standing up, try to sit on the bed for a minute or two before standing up
- Move your feet up and down to get the blood flowing
- Bring your 'nose over your toes' to stand up
- Use your arms to push yourself up from the bed or chair
- Wait a minute before you start to walk.

#### When you are walking:

- Take your time when turning around.
- If you have a walking aid, make sure it is in good condition and the right size and height for you. Ask staff to check the aid.
- Use your walking aid and do not rely on furniture for support: you may fall.
- Always wear suitable footwear that is non-slip and comfortable or wear the Ruby Red Socks, if provided.



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