



Fall prevention care instruction sheet



為確保您住院期間的安全與舒適，請詳讀及配合以下措施，與我們一起預防跌倒。

To ensure your safety and comfort during hospitalization, please read carefully and cooperate with the following measures to prevent falls together with us.

一、下列情況使您容易發生跌倒：

The following conditions make you prone to falls:

1. 年邁而肢體無力。
Being old and weak.
2. 步態不穩或學步期。
Unsteady gait or toddler period.
3. 行動需扶持。
Action needs support.
4. 意識不清，方向感差。
Unconsciousness and poor sense of direction.
5. 因肌肉、關節疼痛，導致行走無力困難。
Because of muscle and joint pain, it is difficult to walk.
6. 不熟悉病房環境。
Not familiar with the ward environment.
7. 住院中無人陪伴。
Unaccompanied in hospital.
8. 因服安眠藥、鎮靜劑、降血糖藥物等引起頭暈、步態不穩。
Dizziness and unstable gait caused by taking sleeping pills, tranquilizers, blood sugar lowering drugs, etc.
9. 手術或產後初次下床。
Get out of bed for the first time after surgery or after childbirth.
10. 執意下床或下床時不好意思麻煩別人。
If you insist on getting out of bed or being embarrassed to trouble others when getting out of bed.
11. 曾經跌倒過。
Have fallen down.

二、跌倒的傷害

Fall injury

跌倒可能會造成身體上的傷害，如：擦傷、瘀青、腫塊，嚴重者可能造成皮膚破損需要縫合、骨折，甚至造成腦出血或死亡。

Falling may cause physical injuries such as bruises, bruises, and lumps. In severe cases, it may cause skin breaks that require sutures, fractures, and even brain hemorrhage or death.

三、預防跌倒的方法：

Methods to prevent falls:

1. 請您將病床高度調到最低。

Please adjust the height of the hospital bed to the lowest.

2. 床欄已拉起時，若您需下床，應先將床欄放下，不可跨越床欄。

When the bed rail has been pulled up, if you need to get out of the bed, you should put the bed rail down first, and do not cross the bed rail.

3. 若您單側肢體無力，應在照顧者協助下由健側邊的床緣下床。

If you have unilateral limb weakness, you should get out of the bed from the edge of the bed on the healthy side with the assistance of the caregiver.

4. 無論您在臥床或下床活動時，需持續有人隨時陪伴在您身旁。

Whether you are lying in bed or getting out of bed, you need someone to accompany you at all times.

5. 若照顧者需暫時離開您時，請先協助您上廁所及喝水，應將常用物品準備於您隨手可及之處，並將雙側床欄拉起，叫人鈴放於床旁，有需要時使用叫人鈴，離開時務必告知主要負責護理師。

If the caregiver needs to leave you temporarily, please help you to go to the toilet and drink water first. You should prepare the commonly used items where you can easily reach, and pull up both sides of the bed rails and ask the bell to be placed beside the bed, Use the calling bell when necessary, and be sure to inform the main nurse in charge when leaving the envoy.

6. 當您覺得病室內走道及廁所昏暗時，請將燈光打開，保持足夠的光線。

When you feel that the aisles and toilets in the hospital are dim, please turn on the lights and keep enough light.

7. 請您穿著大小合宜之防滑鞋及衣褲。

Please wear non-slip shoes and clothes of appropriate size.

8. 請您在夜間減少水分的攝取，睡前請您先上廁所，以減少夜間如廁的次數。

Please reduce your water intake at night and go to the toilet before going to bed to reduce the number of times you go to the toilet at night.

9. 如廁時，如有緊急狀況，請拉廁所之紅鈴，護理人員會立即前往協助。

When going to the toilet, if there is an emergency, please pull the red bell in the toilet, and the nursing staff will go to assist immediately.

10. 當您下床活動時，您可使用本病房提供之輪椅、四腳拐杖、助行器等輔助用物。

When you get out of bed, you can use the wheelchair, four-legged crutches, walking aids and other auxiliary materials provided in this ward.

11. 若您意識不清楚或躁動時，為維護您的安全，我們將在家屬同意下使用約束帶保護您。

If you are unconscious or agitated, in order to maintain your safety, we will use restraint belts to protect you with the consent of your family members.

12. 服藥後您若有頭暈、軟弱無力時，請告知護理人員。

If you feel dizzy or weak after taking the medicine, please inform the nursing staff.

13. 病房之設備如有損壞或使用不便時，如：便盆椅、輪椅、電動床，請您立即通知護理站處理。

If the equipment in the ward is damaged or inconvenient to use, such as potty chairs, wheelchairs, and electric beds, please notify the nursing station immediately.

14. 照顧者換班時，需主動交接注意事項，如四肢肌力。

When the caregiver changes shifts, it is necessary to take the initiative to hand over precautions, such as the muscle strength of the limbs.

15. 使用便盆椅時，照顧者不可離開需在身旁陪伴。

When using the potty chair, the caregiver must not leave and must be accompanied by his side.

16. 當您坐在床緣、椅子、便盆椅時，照顧者務必緊靠您身旁，並能注視您，隨時協助您。

When you sit on the edge of the bed, chair, or potty chair, the caregiver must be close to your side and be able to watch you and assist you at any time.

四、住院期間照顧者為外出時：

When the caregiver is going out during hospitalization:

1. 請連絡其他家屬在旁陪伴。

Please contact other family members to accompany you.

2. 詢問病人是否如廁或換尿布。

Ask the patient whether to go to the toilet or change diapers.

3. 詢問病人是否需喝水。

Ask the patient if they need to drink water.

4. 拉上雙側床欄。

Pull up the double side bed rails.

5. 將病床搖到最低。

Shake the bed to the lowest point.

6. 拉開圍簾。

Pull open the curtain.

7. 叫人鈴放在病人身旁，並教導需協助時，按壓通知護理人員。

Call the bell next to the patient, and teach that when assistance is needed, press it to notify the nursing staff.

8. 尋求同病房照顧者協助看護。

Seek assistance from caregivers in the same ward.

9. 通知護理人員。

Notify the nursing staff.

五、出院後注意事項：

matters needing attention after discharge:

1. 臥室至廁所走道避免障礙物，且 24 小時要有充分的照明。

Avoid obstacles in the walkway from bedroom to toilet, and have sufficient lighting for 24 hours.

2. 浴室、浴缸需加裝扶手，地板需放置防滑墊。

Bathrooms and bathtubs need to be equipped with handrails, and non-slip mats should be placed on

the floor.

3. 穿著大小合適的衣服及鞋子。

Wear appropriate size clothes and shoes.

4. 避免姿勢快速轉換。

Avoid rapid posture changes.

5. 若發生不明原因跌倒，無論有無受傷，均需返院檢查。

In the event of an unexplained fall, it is necessary to return to the hospital for inspection regardless of injury.

6. 床高應維持 40-65 公分，盡量備有雙側床欄或有保護設備。

The height of the bed should be maintained at 40-65 cm, with double side bed rails or protective equipment as far as possible.

◎提醒您：

Remind you:

最常發生跌倒的時間：半夜或清晨起床時。

The most common time for falls: when you wake up in the middle of the night or early morning.

最常發生跌倒的地點：浴廁、臥室內、走道斜坡。

The most common places for falls: bathroom, bedroom, walkway slope.

