

# Prevention of Falls



Concept  
Fertility  
Centre

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Many things can increase your risk of falling, including poor balance, low blood pressure, some medications, physical inactivity, unfamiliar environments, poor eyesight and unsafe footwear.

When you are admitted to Concept Day Hospital, the nurse will assess the likelihood that you might fall. This is called a falls risk assessment. These are documented into your medical record so that everyone looking after you knows your risk of falling.

The reasons people fall are called risk factors. In hospital you may have more risk factors than usual and become more susceptible to falling during your stay. This is because:

- You are in unfamiliar surroundings
- You have had an anaesthetic and surgery which may affect your balance
- Being in hospital is stressful

## How you can help reduce your risk of falling

- Inform the nurse if you experience any dizziness, are light headed or unsteady on your feet
- If you have been requested to get help before getting out of bed or going to the toilet, we want you to ring the nurse call bell. And please you are not bothering us when you ring the bell – we are here to help
- Bring flat, comfortable, non-slip shoes to wear
- Bring your glasses (if required)



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