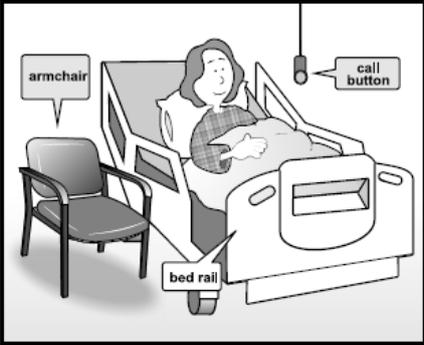
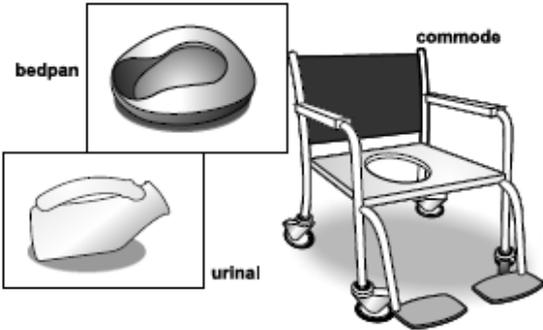
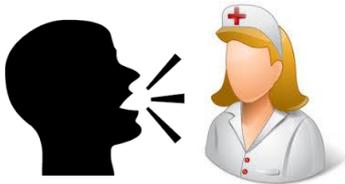


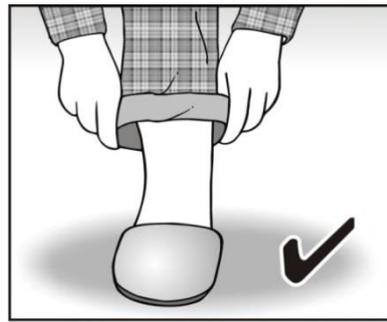
Reminder on Fall Prevention for Hospital Inpatients

| 1. General instructions on Fall Prevention for Hospital Inpatients | |
|---|--|
| <p>Multiple tools are available on your bedside to prevent fall during hospitalization.</p> |  |
| <p>The consequences of fall may lead to bruises, bleeding, pain, fracture and even causing death.</p> |  |
| <p>If patient is identified with high fall risk, an alert signage will be posted above the patient's bed head to remind medical staff and relatives for assistance when needed.</p> |  |
| <p>The following items can assist patient to have regular toileting on bedside during night time when patient is mobility impaired.</p> |  |
| <p>Please report to any healthcare professionals if patient suffer from falling or near falls at any circumstances.</p> |  |

2. Be cautious with the followings:

Before leaving bed

- Roll up oversized sleeves and trouser legs.
- Sit up on bed slowly to let the body to adapt the changes in posture
- Well-fitting footwear and avoid slip socks
- For assistance if needed, please use the call button



During walking

- Use walking aid when necessary
- Use handrail when available
- Please call for help and assistance if loss of balance



After toileting

- If patient feel dizzy or weakness in lower limbs, please use the call button and wait for assistance



3. Things patient should NOT do to prevent fall:

Walk with socks only



| | |
|--|--|
| <p>Use bedside table, drip stand or furniture as mobility aids</p> |  |
| <p>Claim over bedrail or take off from the end of bed</p> |  |
| <p align="center">4. Instructions for patients' relatives and friends on patient's fall prevention</p> | |
| <ul style="list-style-type: none"> • Inform healthcare professionals for patient's fall history, medication history and drinking history • Bring along patient's usual walking aid, anti-slip shoes, hearing aid and eyeglasses etc. • Remind patient to follow the activity and mobility instructions of healthcare professionals • If needed, you can check with healthcare professionals for referral of occupational therapist, in aiming to assess and reduce any home environmental fall risks | |