

# How should your hospital prevent and respond to falls during your stay?



Did you know that over **2,000** people over the age of 60 fell and fractured their hip while staying in hospital in England and Wales in 2020?

**The patient and carer panel**, who advise the Falls and Fragility Fracture Audit Programme (FFFAP) chose the **three most important findings** of the most recent report to help you understand what your hospital should be doing to prevent falls and to respond to a fall if it does happen.

## How can falls be prevented?

People who may be at risk of falling should receive an assessment that looks at factors known to increase the risk of falling, so the hospital can address these risk factors.

The hospital should assess six key factors:



Vision



Blood pressure



Medication



Mobility (including walking aids)



Continence



Delirium

## What should happen after a fall?

Immediately after a fall happens, the hospital should do the following:

- 1 Check for and identify injury before moving the person from the floor.
- 2 Move the person safely from the floor using a recommended technique.
- 3 Make sure assessment by a medical professional takes place within 30 minutes of the fall.



## How can I help to improve care in hospital?

Hospitals are required to make improvements to their services. They often have a patient and public involvement group who advise them on patient feedback.

Anyone who is able to provide constructive feedback and suggestions for hospitals to improve the care they provide should consider joining the patient and public involvement group.

