

The Myton Hospices

Inpatient Unit Falls Prevention



A guide for
patients, their
families and carers



The aim of this guide is to give you information about how we can help reduce your risk of falling whilst at The Myton Hospices. We encourage you to ask questions of the staff and to discuss what can be done to reduce the risk of falls.

Are we able to prevent falls?

Just like in general life, it is not possible to prevent all falls, however we can work together to reduce the chances of this happening. Research has shown that when staff such as doctors, nurses and therapists work with you they can reduce the incidence of falls. You and your family/friends and carers can help by being aware of the risks and the actions you can take, as well as talking to the people looking after you about falls prevention.

How we assess your risk

When you are admitted to Warwick or Coventry Inpatient Unit the staff looking after you will assess how to reduce your risk of having a fall. We know through practice and experience that there are a number of factors which add to a person's risk of falling, we also understand how distressing falling can be.

Our assessment enables us to identify these risks and then put measures in place to help reduce them. We will also ensure that you become familiar with your surroundings - for example, where the bathroom and toilets are located.

You may be asked about the following:

- Whether you have had any previous falls
- The medication you take
- Whether you use any mobility aids, such as a walking stick
- Any hearing or eye sight difficulties you may have
- If you are frightened of falling

Helping to reduce your risk of falling

If you have concerns regarding your mobility or balance, please talk to a member of the nursing or medical team. We will develop a care plan for you so that staff caring for you know what is needed to keep you safe. This may include the following:

- Your location within the unit
- The type of bed or chair best for you
- The use of specialised equipment such as falls mats which will alarm to alert staff that you require assistance
- We may ask our therapy team to see you to advise on any specific exercises or mobility aids to help manage any identified risks
- We may ask you to ensure you have suitable footwear
- We may ask that you use the nurse call bell prior to mobilising if it has been identified that you require assistance or there is a concern in relation to confidence when mobilising. Staff will show you how to use the call bell and ensure that it is always to hand.
- We will undertake an assessment to determine if you would be helped by the addition of a bed rail
- We will always ensure that you are able to alert a member of staff if you require assistance

Occasionally a person may fall whilst staying in the hospice. We of course want to ensure you are safe and receive the appropriate attention and help needed. If, unfortunately, you do fall, we will try to establish the reason why you fell, and to put any additional measures in place to try and reduce any future risk.

We will always offer an apology if you come to harm in our care. We review all falls to ensure we are able to learn lessons and that those lessons are shared amongst staff for the benefit of other patients.

Coventry

Clifford Bridge Road,
CV2 2HJ
02476 841900

Rugby

Barby Road,
CV22 5PY
01788 550085

Warwick

Myton Lane,
CV34 6PX
01926 492518

Reprinted:
September 2025

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