

## Further information

### National Expert Standard on "Fall Prevention"

Deutsches Netzwerk für Qualitätsentwicklung in der Pflege (DNQP)

Web | [dnqp.de](http://dnqp.de)

### Advice on the subject of fall prevention and the living environment

- Social services of the kbo clinics
- Out-patient care services
- Socio-psychiatric services
- Socio-therapeutic and care facilities
- Health/care insurance funds
- Joint Welfare Association
- Living advice centres
- Specialist offices/ foundations for relatives providing care

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Deutsch, Russisch, Arabisch und Türkisch

Эта памятка доступна на следующих языках: английский, русский, арабский и турецкий

Bu broşür aşağıdaki dillerde de sunulmaktadır: İngilizce, Rusça, Arapça ve Türkçe

هذه النشرة متوفرة باللغات الآتية:

الانجليزية والروسية والعربية والتركية



Note: The male and female forms are used alternately or in combination; basically, however, this leaflet is intended to cover all genders.

## Fall Prevention



Information  
for patients and relatives



## Dear patients, dear relatives,

Various factors can increase the risk of falling. These include illnesses that adversely affect physical mobility, but also psychological disorders such as depression, dementia or psychosis.

Basically, it is almost impossible to prevent falls completely.

The following information and hints, however, will help you to reduce the risk of falling.

## Risk factors for falls

### Patient-related

- Physical limitations, such as difficulty walking, balance problems, dizziness, visual impairments
- Incontinence
- Psychological disorders, such as depression, fear of falling
- Mental disability, such as dementia, states of confusion
- Past history of falls

### Drug-related

- Certain medications or combinations of medication

## Environment-related

- Poor lighting
- Risk of slipping on floors due to floor covering and/or moisture
- Lack of grab handles (in lobbies, toilets/washrooms)
- Sources of tripping (carpet edges, cables lying around, etc.)
- Uneven paths and roads
- Bad weather conditions, such as sheet ice
- Unsuitable clothing and shoes, such as flip-flops
- Use of medical aids that are not individually tailored or not properly explained (e.g. walking frame, crutches, etc.)

Certain **diseases and influencing factors** can also increase the risk of falling. Examples:

- Circulatory disorders (AOD), numbness in the legs (polyneuropathy), leg sores (ulcus cruris), osteoporosis etc..
- Hypoglycaemia and low blood pressure (hypotonia), which can lead to dizziness and fainting
- Cardiac arrhythmia
- Epilepsy/convulsions
- Cognitive impairment
- Restricted mobility (physical disability, paralysis, etc.)
- Impaired vision and/or hearing
- Problems with retaining urine or faeces (incontinence)
- Balance problems
- Influence of psychoactive substances such as sedatives, alcohol

In addition, the fear of falling again increases if there have been incidences of falling already in the past.

To be able to determine the individual risk of falling in the care and therapy process, we also need information from you and your relatives so that suitable measures can be implemented. Please help our employees if they have any questions.

We are happy to provide you with suitable mobility aids or to use your usual aids. The nursing staff or the physiotherapists will discuss with you which physical activities (such as standing, walking and even sitting) can be carried out independently and where assistance is needed. The mobility aids and measures offered are intended to ensure your safety.

## Avoiding falls

The following recommendations are intended to prevent incidences of falling (including in your own home):

- Drink regularly and in sufficient quantities – even if you do not feel thirsty.
- Make sure you have a balanced diet – this will help to keep you physically and mentally fit.
- Always use suitable aids that have been modified for you and practice handling them correctly.
- Wear solid, enclosed shoes even walking over short distances.
- Regularly carry out balance exercises (following instructions) independently (for example, standing up slowly from being seated on a chair, walking exercises).
- If your movement is restricted, walk at a pace that suits you and do not let yourself be forced into walking faster.
- Make sure that lighting is adequate, especially at night.
- Watch out for sources of tripping, such as carpets etc. (including pets at home).
- Inform the nursing staff or doctor if there are any changes in physical perception or if you feel dizzy.
- Ask your doctor about specific physiotherapeutic treatment that could improve your mobility and reduce the risk of falling.

**We are happy to advise you. Please contact the nursing staff or the social team on the ward.**