



病人教育

8-East 理療中心 / Roosevelt 運動訓練中心



摔倒預防

內容介紹

有關摔倒的數據

- 65 歲及以上的成人中每年有多於 1/3 的人發生摔倒。
- 80 歲以上的成人中每年有 50% 的人發生摔倒。
- 因摔倒而受傷的人當中有 40% 被送入醫院。
- 摔倒的人當中有大約 50% 的人每年摔倒不止一次。
- 每年摔倒不止一次的老年人當中有 40% 需被送入護理院。

摔倒的後果有多嚴重？

- 老年人中，摔倒是因傷致死的主要原因。
- 摔倒是導致非致命性外傷而需住院的最常見原因。
- 老年人 95% 的臀部骨折是由摔倒造成的。
- 摔倒是創傷性腦損傷的主要原因。

我有風險嗎？

有，如果你：

- 有摔倒史
- 肌肉無力
- 平衡力下降
- 行走困難，或使用手杖或步行器

我能做些什麼來降低摔倒風險？

- **經常鍛煉。** 保持身體強健、經常活動可降低摔倒風險。如果你不知道如何開始，華盛頓大學醫學中心物理治療科的“強健與穩定計劃”可提供幫助。
- **確保居家安全。** 鬆動的地毯、不良照明、地板上的雜物等都是可能導致摔倒的因素。
- **和你的醫生一起檢查藥物。** 服用 4 種以上的藥物已被證明會增加摔倒的風險。
- **檢查視力。** 視力不良會增加摔倒的風險。定期檢查可確保你的處方藥是正確的，並確定你是否有諸如青光眼或白內障之類的病症。
- **穿著合適的鞋。** 鞋子應當覆蓋著腳後跟，綁緊鞋帶，有較硬的鞋底或鞋墊，鞋底應防滑。不要穿拖鞋和便鞋。

有任何問題嗎？

你的問題非常重要。如果你有任何問題或擔憂，請致電你的醫生或醫療提供機構。UWMC 診所醫務人員亦可隨時提供幫助。

如需預約，請在週一至週五上午 8 點至下午 4 點半致電：

8-East 理療中心：206-598-4830

Roosevelt Exercise 運動訓練中心：206-598-2888

預約時間為上午 8 點 15 分至下午 3 點。

UNIVERSITY OF WASHINGTON
MEDICAL CENTER
UW Medicine

8-East Physical Therapy/
Roosevelt Exercise Training Center
Box 356490/Box 345745
1959 N.E. Pacific St. Seattle, WA 98195
206-598-4830/206-598-2888

防摔倒計劃

隨著年齡增長，健康狀況的逐漸變化和服用某些藥物可能會造成摔倒。但有許多摔倒是能夠預防的。使用以下檢查表來瞭解做些什麼可以保持自己的活力、獨立性和防止摔倒。

如果有以下情況（即便只是偶然有），請選“是”

如果選擇了“是”，該怎麼辦？

在過去 6 個月中你是否曾摔倒過？	是 <input type="checkbox"/>	否 <input type="checkbox"/>	1. 和醫生談談你的摔倒和/或擔憂。 2. 將這份檢查表拿給醫生看，藉以幫助瞭解並應對你的風險，以及防止你摔倒。
你是否每天服用 4 種或以上的處方藥或非處方藥？	是 <input type="checkbox"/>	否 <input type="checkbox"/>	1. 每次就診時請醫生和藥劑師檢查你的藥物，包括每種新的處方藥。 2. 詢問哪種藥物的副作用會導致你感覺昏昏欲睡、頭暈眼花，或渾身無力 3. 和醫生討論任何可能是由藥物副作用或交互作用引起任何症狀
你是否有行走或站立的困難？	是 <input type="checkbox"/>	否 <input type="checkbox"/>	1. 如果腿部或腳部有任何疼痛、酸痛、僵硬、無力、腫脹或麻木，都應當告訴醫生。切勿忽視這些症狀。 2. 如有任何行走困難，都應告訴醫生，討論治療方法。 3. 詢問醫生透過理療或專科治療是否有助於改善你的症狀。
你行走時是否使用手杖、步行器、拐杖或需要扶住任何東西？	是 <input type="checkbox"/>	否 <input type="checkbox"/>	1. 向醫生諮詢理療師提供哪些練習，瞭解哪種器械最適合你以及安全使用方法。
你是否必須使用雙臂才能從椅子裡站起來？	是 <input type="checkbox"/>	否 <input type="checkbox"/>	1. 請醫生轉介理療師，以瞭解有哪些鍛煉方法能夠加強腿部肌肉。 2. 每週至少鍛煉 2 - 3 次，每次 30 分鐘。
你是否曾感覺站不穩、渾身無力，或頭暈眼花？	是 <input type="checkbox"/>	否 <input type="checkbox"/>	1. 告訴醫生並詢問由專科醫生或理療師進行治療是否會有助於改善你的狀況。 2. 如果你注意到有任何這些症狀，應與醫生或藥劑師一道檢查你的所有藥物。
你自上次檢查眼 以來是否已超過 2 年？	是 <input type="checkbox"/>	否 <input type="checkbox"/>	1. 應該每 2 年檢查眼睛一次，以保護你的視力和平衡力。
你的聽力是否隨年齡而變差，或你的家人或朋友是否說你的聽力有問題？	是 <input type="checkbox"/>	否 <input type="checkbox"/>	1. 應該每 2 年檢查聽力一次。 2. 如果醫生建議使用助聽器，應瞭解其使用方法以保護和恢復你的聽力，這有助於改善和保護你的平衡力。
你的鍛煉次數是否通常每週少於 2 次（每次 30 分鐘）？	是 <input type="checkbox"/>	否 <input type="checkbox"/>	1. 詢問醫生哪些鍛煉有助於改善你的力量和平衡力。 2. 找一些你喜愛的運動並和你喜歡的人一同鍛煉，每週鍛煉 2 - 3 次，每次 30 分鐘。
你是否每天飲酒？	是 <input type="checkbox"/>	否 <input type="checkbox"/>	1. 將酒量限制在每天 1 杯，以避免摔倒。
你是否有 3 種以上的慢性疾病？（例如心臟或肺部疾病、糖尿病、高血壓、關節炎等）？如果你不能確定，可詢問醫生。	是 <input type="checkbox"/>	否 <input type="checkbox"/>	1. 按照醫生建議的頻率就診，確保健康狀態良好。 2. 向醫生諮詢，以你的健康狀況，應做些什麼來保持健康與活力。 3. 如有任何健康變化導致無力或生病，都應儘快告知醫生。

本檢查表是根據華盛頓州衛生部 2006 年 4 月出版的 *Stay Active and Independent for Life: An Information Guide for Adults 65+*（終身保持活力與獨立性：65 歲以上成人資料指南）改編。請訪問：<http://www.doh.wa.gov/hsqa/emstrauma/injury/pubs/SAILguide.pdf>。



Fall Prevention

Fact sheet

Facts About Falls

- More than 1/3 of adults age 65 years and older fall each year.
- 50% of adults over 80 years old fall each year.
- More than 40% of those injured during a fall are admitted to the hospital.
- About 50% of those who fall do so more than one time a year.
- 40% of elders who fall more than once a year require admission to nursing homes.

How serious are falls?

- Among older adults, falls are the leading cause of injury deaths.
- Falls are the most common cause of non-fatal injuries that require hospital admission for trauma.
- 95% of hip fractures in older adults are caused by falls.
- Falls are the leading cause of traumatic brain injury.

Am I at risk?

Yes, if you have:

- A history of falls.
- Muscle weakness.
- Impaired balance.
- Problems with walking or are using a cane or walker.

What can I do to decrease my risk of falling?

- **Get regular exercise.** Staying strong and keeping active can decrease your risk of falling. If you are unsure how to start, University of Washington Medical Center's Physical Therapy department's Strong and Steady Program can help you.
- **Keep your home safe.** Loose throw rugs, poor lighting, and clutter on the floor are a few things that can cause falls.
- **Review medicines with your health care provider.** Taking more than 4 medicines has been shown to increase your risk for falls.
- **Get your vision checked.** Poor vision increases fall risk. Regular check-ups ensure that your prescription is correct and that you are not developing conditions such as glaucoma or cataracts.
- **Wear proper shoes.** Shoes should cover the heel, tie snugly, have a supportive and somewhat rigid sole or insole, and be non-slip on the bottom. Avoid wearing slippers and slip-on shoes.

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help at any time.

For appointments, call between 8 a.m. and 4:30 p.m. Monday through Friday:

8-East Physical Therapy:
206-598-4830

Roosevelt Exercise Training Center:
206-598-2888

Appointments are scheduled daily between 8:15 a.m. and 3 p.m.

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Falls-Free Plan

As we grow older, gradual health changes and some medicines can cause falls, but many falls can be prevented. Use the checklist below to learn what to do to stay active, independent, and falls-free.

Check "Yes" if you experience this (even if only sometimes)

What to do if you checked "Yes"

Have you had any falls in the last 6 months?	No <input type="checkbox"/>	Yes <input type="checkbox"/>	1. Talk with your doctor(s) about your falls and/or concerns. 2. Show this checklist to your doctor(s) to help understand and treat your risks, and protect yourself from falls.
Do you take 4 or more prescription or over-the-counter medicines daily?	No <input type="checkbox"/>	Yes <input type="checkbox"/>	1. Review your medicines with your doctor(s) and your pharmacist at each visit, and with each new prescription. 2. Ask which of your medicines can cause you to feel drowsy, dizzy, or weak as a side effect. 3. Talk with your doctor about anything that could be a medicine side effect or interaction.
Do you have any difficulty walking or standing?	No <input type="checkbox"/>	Yes <input type="checkbox"/>	1. Tell your doctor(s) if you have any pain, aching, soreness, stiffness, weakness, swelling, or numbness in your legs or feet. Do not ignore these problems. 2. Tell your doctor(s) about any difficulty walking, to discuss treatment. 3. Ask your doctor(s) if physical therapy or treatment by a medical specialist would be helpful for your problem.
Do you use a cane, walker, or crutches, or have to hold onto things when you walk?	No <input type="checkbox"/>	Yes <input type="checkbox"/>	1. Ask your doctor for training from a physical therapist to learn what type of device is best for you, and how to use it safely.
Do you have to use your arms to be able to stand up from a chair?	No <input type="checkbox"/>	Yes <input type="checkbox"/>	1. Ask your doctor for a physical therapy referral to learn exercises to strengthen your leg muscles. 2. Exercise at least 2 or 3 times a week for 30 minutes.
Do you ever feel unsteady on your feet, weak, or dizzy?	No <input type="checkbox"/>	Yes <input type="checkbox"/>	1. Tell your doctor and ask if treatment by a specialist or physical therapist would help improve your condition. 2. Review all of your medicines with your doctor(s) or pharmacist if you notice any of these conditions.
Has it been more than 2 years since you had an eye exam?	No <input type="checkbox"/>	Yes <input type="checkbox"/>	1. Schedule an eye exam every 2 years to protect your eyesight and your balance.
Has your hearing gotten worse with age, or do your family or friends say you have a hearing problem?	No <input type="checkbox"/>	Yes <input type="checkbox"/>	1. Schedule a hearing test every 2 years. 2. If hearing aids are recommended, learn how to use them to help protect and restore your hearing, which helps improve and protect your balance.
Do you usually exercise less than 2 days a week (for 30 minutes total each of the days you exercise)?	No <input type="checkbox"/>	Yes <input type="checkbox"/>	1. Ask your doctor(s) what types of exercise would be good for improving your strength and balance. 2. Find some activities that you enjoy and people to exercise with 2 or 3 days a week for 30 minutes.
Do you drink any alcohol daily?	No <input type="checkbox"/>	Yes <input type="checkbox"/>	1. Limit your alcohol to 1 drink per day to avoid falls.
Do you have more than 3 chronic health conditions? (such as heart or lung problems, diabetes, high blood pressure, arthritis, etc.)? Ask your doctor(s) if you are unsure.	No <input type="checkbox"/>	Yes <input type="checkbox"/>	1. See your doctor(s) as often as recommended to keep your health in good condition. 2. Ask your doctor(s) what you should do to stay healthy and active with your health conditions. 3. Report any health changes that cause weakness or illness as soon as possible.

This checklist is adapted from *Stay Active and Independent for Life: An Information Guide for Adults 65+*, published by the Washington State Department of Health April 2006. Visit <http://www.doh.wa.gov/hsqa/emstrauma/injury/pubs/SAIGuide.pdf>.