

病人教育

病人護理服務部



確保你的安全

我們的防摔倒計劃

你的安全對我們來說非常重要。在保證你的安全方面，我們所做的一件事就是防止你摔倒。

本冊子說明我們是如何在華盛頓大學醫療中心 (UWMC) 幫助病人防止摔倒的。



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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。

UNIVERSITY OF WASHINGTON
MEDICAL CENTER
UW Medicine

Patient Care Services

1959 N.E. Pacific St. Seattle, WA 98195

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Keeping You Safe
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我們絕不會因為太忙而不幫助你！

在醫院裡也可能發生摔倒。如果發生摔倒，可能會延誤你的康復，並使得你的醫療護理複雜化。

為幫助確保你在住院期間的安全：

我們每天將對你的摔倒風險進行至少一次評估。

有可能使你摔倒的風險因素包括：

- 如廁方式的改變。
- 如廁次數的增加。
- 身體虛弱。
- 接受麻醉的手術或治療後的第一晚。
- 某些藥物。
- 意識模糊。

你需要使用衛生間時，請按亮傳呼燈。

如果醫務人員認為你在住院期間有摔倒的風險，我們將：

- 白天每隔 2 - 3 個小時幫助你去一次衛生間，晚上喚醒你去衛生間。
- 在你使用衛生間時陪伴你，確保你不會摔倒。
- 在你的床邊放上一張軟墊，確保你在萬一摔倒時不會受傷。
- 安裝警報器，在你下床時會鬧響，以便醫務人員能夠前來協助你。

確保你的安全是我們最重要的工作。我們絕不會因為太忙而不幫助你！

在你需要使用衛生間時，請按亮傳呼燈。醫務人員將確保你安全到達衛生間並回到床上。

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.



Keeping You Safe

Our plan to prevent falls

Your safety is very important to us. One thing we do to keep you safe is to keep you from falling.

This handout explains how we help prevent falls at University of Washington Medical Center (UWMC).

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We are never too busy to help you!

Falls can happen at the hospital. A fall can delay your healing and complicate your medical care.

To help keep you safe while you are in the hospital:

We will evaluate you at least once a day for risk for falling.

Some things that may put you at risk for falling are:

- Changes in the way you get to the toilet.
- Increased need to get to the toilet.
- Weakness.
- Recovery the first night after any surgery or procedure where you received anesthesia.
- Some medicines.
- Confusion.

Please use your call light when you need to use the bathroom.

If staff feel that you are at risk of falling while at the hospital, we will:

- Help you get to the bathroom every 2 to 3 hours during the day and when we wake you at night.
- Stay with you while you use the bathroom to make sure you don't fall.
- Put a soft mat down by your bed to keep you from being hurt if you do fall.
- Set an alarm that will ring if you get out of bed, so that staff can come assist you.

Keeping you safe is our most important job. **We are never too busy to help you!**

Please use your call light when you need to use the bathroom. Staff will help make sure you get there and back to bed safely.