

預防跌倒須知 (英文版)

Prevent falls Precaution

常見發生跌倒原因分類 Classification of common causes of falls

1.個人健康因素：年齡大於65歲、曾有跌倒經驗、步態不穩、意識障礙、睡眠障礙、肢體功能障礙、營養不良、虛弱、頭暈。

1. Personal health factors: Aged over 65 years old, Patients with a history of falls, Patients with an unstable gait, consciousness disturbance, Patients with sleep disturbance, limb dysfunction, Malnutrition, weakness, dizziness.

2.環境因素：地面濕滑、照明不足、移位或行動輔具不足。

2. Environmental factors: The ground is slippery, Insufficient lighting, Lifting or insufficient mobility aids.



3.藥物因素：服用影響意識或活動之藥物，如利尿劑、麻醉性止痛劑、輕瀉劑、鎮靜安眠藥、心血管用藥。

3. Drug factors: taking drugs that affect consciousness or activity such as: diuretics, narcotic analgesics, laxatives, sedatives and hypnotics, cardiovascular drugs.

跌倒常見併發症

Common complications of falls

嚴重傷害如：骨折、頭部外傷、死亡、受傷、顱內出血，或因害怕跌倒，失去信心，而增加失能機會。

Serious injuries such as fractures, head trauma, death, injury, intracranial hemorrhage, or fear of falling and loss of confidence increase the chance of disability.



如何防止跌倒之發生 How to prevent falls

1. 照顧者不管是否在旁邊，應拉起床欄。

1. The caregiver should pull up the bed rail regardless of whether the caregiver is nearby or not.

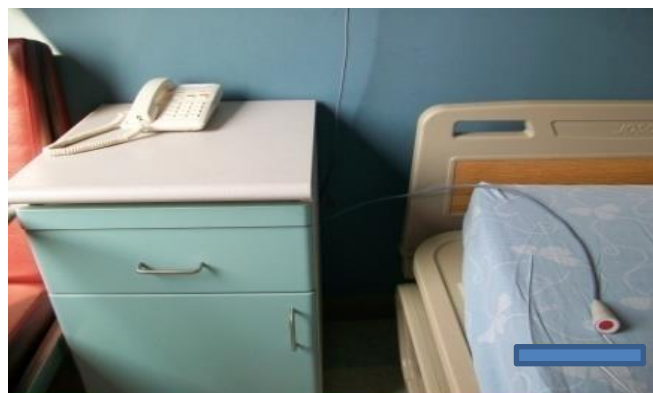


2. 避免使用會傾斜或可能會滑動的傢俱(如床旁桌或帶輪點滴架)當做支撐點。

2. Avoid using furniture that tilts or may slide (such as bedside tables or IV stands on wheels) as support points.

3. 主動提供，將可能使用的物品，如輔具、眼鏡、拖鞋、床旁叫人鈴拉線、尿壺等，置於病人隨手可得之處。

3. Take the initiative to provide and place items that may be used, such as assistive devices, glasses, slippers, bedside bell cords, urinals, etc., within easy reach of the patient.



4. 床輪應至於固定位置，病床高度應降至病人坐於床緣時可雙腳著地。

4. The bed wheels should be in a fixed position, and the height of the bed should be low enough that the patient can touch the ground with his feet when sitting on the edge of the bed.



5. 應穿著大小合適之衣褲及防滑且大小適宜的鞋子，不可打赤腳或只穿襪子走路或洗澡。

5. You should wear clothes and pants of appropriate size and non-slip shoes of appropriate size. Do not go barefoot or wear only socks when walking or bathing.

6.晚上睡前儘量少飲水，且在睡前先上廁所，避免因要下床上廁所，而造成跌倒。

6. Try to drink as little water as possible before going to bed at night, and go to the toilet before going to bed to avoid falling due to having to get out of bed to go to the toilet.

7.若有下床活動時(包括上廁所)請務必要有人跟隨於旁，必要時使用輔具協助。

7. If you have to get out of bed (including going to the toilet), please be sure to have someone following you, and use assistive devices to assist if necessary.



8.當身體虛弱、下肢無力、行動不便，可以在床邊使用便盆椅或尿壺。

8. When you are weak, have weakness in your lower limbs, and have difficulty moving, you can use a potty chair or urinal next to the bed.



資料來源：照片由網路截取