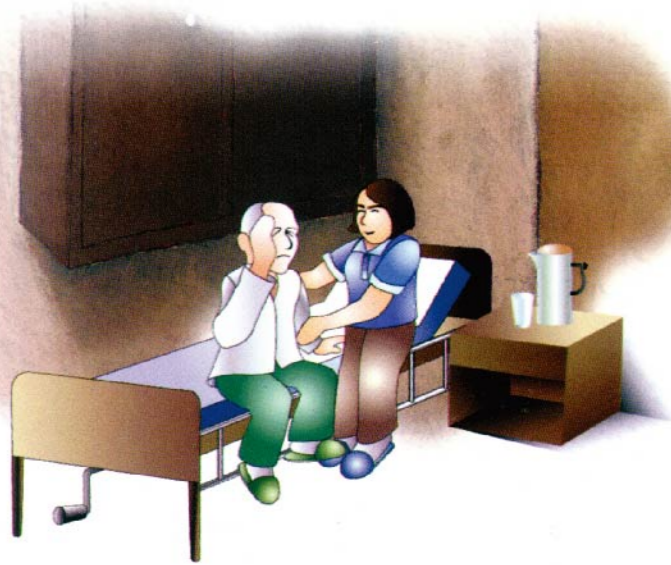


### 第1知 *Instruction 1*

當您有服用安眠藥或感頭暈，血壓不穩時，下床前應先坐在床緣，再由家屬扶下床。

If you are taking sleeping pills, feeling dizzy or having fluctuating blood pressure, you should sit at the edge of the bed for a minute or two before you get off your bed, and then ask your family to help you get off.



### 第2知 *Instruction 2*

當您需要任何協助而無家屬在旁，請立即以紅燈通知護理人員。

When you need assistance but cannot find your caregiver, press the red button immediately to call for nursing staff.



### 第3知 *Instruction 3*

地面弄濕，請告訴護理人員，以防不慎跌倒。

To prevent accidental falls, inform nursing staff if the floor is wet.



### 第4知 *Instruction 4*

物品請盡量收於櫃內，以保持走道寬敞。

Put goods not in use in the closet in order to make the aisle as spacious as possible.



### 第5知 *Instruction 5*

護士已將床欄拉起時，若需下床應先將床欄放下，切勿翻越。

If you want to get off the bed when the siderails are raised, remember to put them down first. Do not climb over the siderails.



### 第6知 *Instruction 6*

當您所照顧的患者有躁動、不安、意識不清時，請將床欄拉起，並予以約束保護。

If the patient is restless, agitated, or unconscious, please pull up the siderails and may be constrain the patient.



## 第7知 Instruction 7

若您的衣褲太大時，請更換合適的衣褲。

If your clothes are slack, please change to a fitted suit.



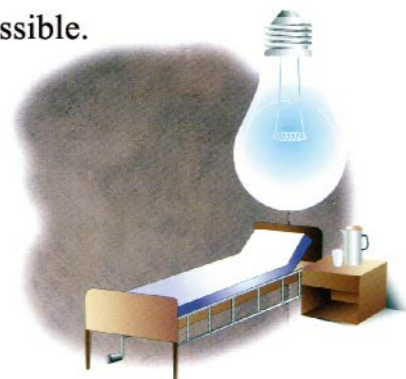
## 第8知 Instruction 8

應穿防滑鞋，切勿打赤腳。  
Please wear anti-slippery shoes and avoid baring your feet.



## 第9知 Instruction 9

病房盡量保持燈光明亮。  
Try to keep the ward as bright as possible.



## 第10知 Instruction 10

如廁時，有緊急事故，請按廁所內紅燈告知護理人員。

If you have an emergency when you are in a bathroom, please use the alarm in the bathroom to call for nursing staff.



## 哪些病患容易跌倒(高危險群病患) Which patients are more prone to fall?



- 年紀大於65歲。  
Patients who are aged 65 and over.
- 乏人照顧的病患。  
Patients who live alone.
- 曾有跌倒病史。  
Patients who have history of falls.
- 步態不穩。  
Patients who have unstable gait.
- 貧血或姿勢性低血壓。  
Patients who have anemia or postural hypotension.
- 服用影響意識或活動之藥物，例如：  
Patients taking medicines that may impair consciousness or cause hypotension, such as:
  - ①利尿劑 Diuretics
  - ②止痛劑 Analgesics
  - ③輕瀉劑 Laxatives
  - ④鎮定安眠藥 Sedatives
  - ⑤心血管用藥 Cardiovascular drugs.

- 營養不良、虛弱、頭暈。  
Patients who are malnourished, weak, or dizzy.
- 意識障礙(失去定向感、躁動混亂等)。  
Patients who have impaired consciousness (disorientated or restless).
- 睡眠障礙。  
Patients who have impaired sleep.
- 肢體功能障礙。  
Patients who have impaired leg function.

敬祝您

身體健康 平安吉祥

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# 預防跌倒 10 知

## 10 instructions for preventing falls

預防措施做好，跌倒傷害自然少  
The better the preventive measures,  
the less injury caused by falls.



### In association with

-  行政院衛生署  
Department of Health, Executive Yuan, R.O.C.(TAIWAN)
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