

## 預防跌倒 10 知(成人版)(英文版)

### 10 things you must know to prevent falls (For Adults)

#### 一、那些病患容易發生跌倒情形(高危險群病患)：

Which patients are prone to falls? (High-risk patients)

1. 年紀大於 65 歲 Patients are older than 65.
2. 乏人照顧的病患 Unattended patients.
3. 曾有跌倒病史 Patients with a history of falls.
4. 步態不穩 Patients with an unstable gait.
5. 貧血或姿勢性低血壓 Patients with anemia or postural hypotension.
6. 營養不良、虛弱、頭暈、感染 Malnutrition, weakness, dizziness, infection.
7. 睡眠障礙 Patients with sleep disturbance.
8. 意識障礙(失去定向感、躁動混亂等) Patients with consciousness disturbance. (Disorientation, irritability or confusion)
9. 中風、肢體功能障礙、代謝性疾病 Stroke, limb dysfunction, metabolic diseases.
10. 服用影響意識或活動之藥物例如：利尿劑、止痛劑、輕瀉劑、鎮靜安眠藥、心血管用藥  
Patients who take medicines that affect consciousness or activities, such as: diuretics, painkillers, laxatives, sedatives, sleep pills and cardiovascular drugs.

#### 二、預防跌倒措施 10 知：10 things you must know to prevent falls

1. 當您有服用安眠藥或感到頭暈，血壓不穩定時，下床應先坐在床緣，再由家屬扶下來。  
If you take sleep pills or feel dizzy, or feel blood pressure is unstable, when you get up, first sit at the edge of bed, then let your family help you.
2. 當您需要任何協助而無家屬在旁時，請立即以紅燈按鈴通知護理人員前來幫忙。

When you need help, but no family is nearby, please press the red call bell to call nurse for help immediately.

3. 地面如果有弄濕，請告訴護理人員前來處理，以預防不慎滑倒的情形發生。

If the floor is wet, please inform the nurse to prevent slips and falls.

4. 物品請盡量收於床頭櫃裡，以保持走道寬敞。

Put all your things in the bedside cabinet to keep the walkway clear.

5. 若床欄已經拉起，下床前請先將床欄放下或請護理人員前來協助，切勿自行翻越。

If the bedrails are pulled up, when you want to get up from bed, please pull down bedrails or call nurse for help. Don't climb over the bedrail by yourself.

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。

When the patient is agitated, anxious or confused, please pull up bedrails and restrain him (her) for safety and protection.

7. 若您的衣服太大時，請更換合適的衣褲。

If the clothes you wear is too big, please replace with fitted clothes.

8. 建議穿防滑鞋，切勿打赤腳，避免滑倒。

Please wear non-slip shoes in the ward to avoid slips and falls. To walk barefoot is forbidden.

9. 病房內盡量保持燈光明亮，避免視線不良發生跌倒狀況。

Keep the ward as well-lit as possible to avoid poor eyesight and falls.

10. 在廁所時如有緊急事故，請按廁所內紅燈按鈴通知護理人員前來處理。

If emergencies happen in the toilet, please press the red call bell inside to inform nurses for help.

**若您想對以上的內容進一步了解，請洽諮詢各護理站之護理人員**

If you want to learn more about the contents above, please consult nurses in each nursing station.



諮詢電話 TEL:(049)2912151

內科病房 Medical ward: 1591 2591

外科病房 Surgical ward: 2291

內科專科醫師審查(2021-04)

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