



預防跌倒護理指導_家屬版(英文) Nursing Guidance for Fall Prevention - Family Version

一、如果您的家人屬於以下族群，請小心他/她的活動情形，因為他/她是屬於容易跌倒的一群。

If your family member is part of the following populations, please notice his/her daily activities because he/she is in the group of those who are liable to fall.

(一) 年齡大於 65 歲、曾經發生過跌倒、沒有家人在旁照顧者。

Over 65 years of age, ever experienced falls, without any family member's accompanying care.

(二) 走路不穩、手/腳有活動功能障礙者、下肢較無力、雙腳有疾病或損傷者。

Unsteady gait, upper/lower limbs mobility disability, with relatively weak lower limbs, illness or damage of the feet.

(三) 頭部受傷或意識出現障礙(可能失去定向感、躁動混亂等)、已出現失智情況者、貧血或姿勢性低血壓、營養不良、虛弱、腹瀉、頻尿或頭暈者。

Head injury or impairment of consciousness (may cause disorientation, restlessness and confusion, etc.), dementia developed, anemia or postural hypotension, malnutrition, weakness, diarrhea, frequent urination or dizziness exhibited.

(四) 有睡眠障礙、服用會影響意識及活動的藥物，如利尿劑、止痛劑、輕瀉劑、鎮靜安眠藥、心血管用藥或降血糖藥物等。若有服用上述兩種以上藥物之疾病，因為藥物交互作用，會加重影響意識或活動。

With sleep disorder, taking medications that may affect consciousness and mobility, including diuretics, analgesics, laxatives, sedatives/hypnotics, cardiovascular drugs, or hypoglycemic agents, etc. If suffering from any disease required taking any two of the above-mentioned medications, the effects on consciousness or mobility may be severely worsened due to drug interaction.

(五) 近期手術後、生產後 3 天內。

Recently postoperative, within 3 days after childbirth.

(六) 視力模糊導致影響活動者，如白內障、失明或老花眼等。

Mobility affected due to blurred vision resulted from cataract, blindness or presbyopia, etc.

(七) 褲管、裙擺過長容易踩到或絆倒之衣褲、下床未穿防滑鞋。

Wear clothing with excessively longer trouser legs or hemlines which is



liable to be trodden or tumbled, getting out of the bed without non-slip shoes.

- (八) 身上有靜脈輸液管路或其他引流管置放、使用拐杖、助行器等輔助用具者。
With IV infusion tubing or other drainage catheters placed on the body, using assistive devices such as crutches or walkers.

二、如果您發現家人做出下列易跌倒的危險動作，請務必通知護理師協助，因容易造成跌倒風險。

Please be sure to notice and ask nurses for assistance when you observe dangerous movements of your family member which may lead to fall, because it is liable to cause a fall risk.

- (一) 經常不想麻煩其他人，就自己下床。
Frequently getting off the bed voluntarily because of having no intention to bother others.
- (二) 雙側床欄還沒放下就自己跨越床欄下床。
Get off the bed by striding across the bedrails before the bedrails lowered down.
- (三) 當房間或浴室的地板有潮濕情形或清潔人員正在拖地、洗地時，卻想下床行走。
Intend to get out of the bed for walking while the room or toilet floor is wet or cleaning workers are mopping or washing floor.
- (四) 走路很急、未注意地面有無障礙物。
Walks so hastily that being unable to notice obstacles on the ground.
- (五) 久臥床，準備要出院而急著下床者。
Rush to get off the bed because of prolonged bedridden period but will be discharged soon.

★★★很多跌倒的案例都發生在上述情境下，再次提醒您，若您的家人下床時，絕對需要您的協助或通知護理站協助。

Plenty of fall cases occurred in the above-mentioned scenarios, please be reminded again, when your family is getting off the bed, your assistance or informing nurse station for help would be absolutely required.

三、若擔心您的家人下床活動時，可能會跌倒，該怎麼預防？

If you worry that your family member may fall while getting out of the bed for activities, what should you do to prevent?

- (一) 物品請儘量收於櫥櫃內，維持走道寬敞，保持燈光明亮、地面乾燥，若有水



漬，可通知護理站協助處理。

Try to keep all articles in cabinets and leave the route spacious; keep the lights brilliant and floor dry, notice nurses to assist handling in case of any water stain.

- (二) 家人經常使用的物品（如眼鏡、尿壺、呼叫鈴）及輔助器（如義眼、助行器、手杖或義肢），請放在病人伸手可拿取處，下床時應穿著防滑鞋子，褲管、裙擺不宜過長，以免絆倒。

For all the articles that your family frequently uses (e.g. glasses, urinal, and emergency button) and aids (e.g. prosthetic eye, walker, cane or prosthesis), please keep in reachable places from the patient, wearing non-slip shoes when getting off of the bed, avoiding too much longer trouser legs or hem of the skirt to prevent being stumbled and fall.

- (三) 若您的家人使用鎮靜、安眠劑等藥物，可能會有頭暈、無力現象；若臥床或坐太久，下床或起身時更需有人在旁協助，請您務必將家人安置妥當後再進行其他活動，雖然只是暫時離開，當您的家人不在您的視線中，您的家人可能在這時候發生跌倒，所以您需離開時務必告知護理師。在照護家人期間，若需協助或有緊急事故，可按呼叫鈴通知護理師協助。

If your family member takes medications such as sedatives, hypnotics, etc., dizziness and weakness may develop; in case of much longer bedridden period or sitting for a much longer time, getting off the bed or standing up especially needs somebody to help aside, please be sure to appropriately settle your family before you proceed to any activity. Even you may leave only for a short period of time, whenever your family is not in the sight of you, he/she may fall during the period, therefore, be sure to inform the nurses when you need to leave. If you need help or are in emergency during caring your family, you may ring the nurse calling system asking nurses for help.

- (四) 若您協助家人下床時務必正面朝向家人抱住或扶持，並事先固定家人身上的導尿管、引流管等，才不會絆倒或拉扯；從床上移至輪椅時，輪椅需先固定；使用便盆椅時請面向床及固定輪子。

When you help your family member to get off the bed, be sure to hold or support with face toward your family member, securely fixing first all urethral catheters and drains, etc. to avoid tumbling or dragging; first secure the wheelchair before moving from the bed to the wheelchair; please face the bed and secure the wheels when using the commode chair.

- (五) 使用病床時，應拉起床欄並固定，為預防家人自床欄間隙下床，必要時可使

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用床欄護套；床尾的搖桿使用後需收起，才不會被絆倒；床輪應該固定妥當，避免滑動；另外病床的高度請降至病人坐於床緣時可雙腳著地，以防起身反作用力前傾跌倒之風險。

The bedrails shall be pulled up and fixed while the bed is in use, for purpose to prevent your family member from getting off the bed across bedrail gap, bedrail safety protection covers may be used as required; the rocker at end of the bed shall be held back after use to avoid tumbling; bed wheels shall be properly fixed to avoid sliding; additionally, please lower bed height in an appropriate level that patient's feet may touch the ground when sitting on edge of the bed, avoiding the risk of bending forward and fall due to the reaction force resulted from standing up.

- (六) 當家人出現躁動、不安、意識不清時，請將床欄拉起並按呼叫鈴通知護理師；在您使用陪伴床時，陪伴床儘量緊靠床邊，隨時注意家人動向，必要時與醫師討論是否需約束保護。

When your family member presents irritable, restless and unconscious, you may pull up bedrails and ring nurse calling system to notice nurses; if you use nursing bed, you may move it to bedside as close as possible to watch out for your family's movement at any time. If appropriate, discuss with the physician to see if restraint protection is required.

- (七) 若家人有意識障礙或無法配合時，請不要將電動床的遙控器提供家人使用，避免家人自行操作電動床而造成由床上跌落之意外。

If your family member exhibits disturbance of consciousness or is unable to cooperate, please do not leave the remote controller of electric bed for his/her own operation, avoiding your family member to voluntarily operate electric bed to cause any possible accidental fall from the bed.

- 四、若您的家人欲下床活動時，請您務必陪同協助下床活動，並且採漸進式下床。
If your family member wants to get off the bed for activity, please be sure to accompany and assist to get off the bed for activity, taking a gradual manner in getting off the bed.

- (一) 搖高床頭，由躺臥改為坐姿。

Turn the bedhead higher, shifting the lying position to sitting position.

- (二) 坐於床上至少 5-10 分鐘，擺動雙腳促進下肢血液回流。

Sit on the bed for at least 5 to 10 minutes, swinging both legs to enhance blood return of the lower limbs.

- (三) 無頭昏不適感覺後，再緩慢下床站立至少 2-3 分鐘。

After no any feeling of dizziness or discomfort, gradually get out of the bed and standing for at least 2 to 3 minutes.

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(四) 手扶支撐物，將腿向後抬高至少 45 度。

Support something with hands, lifting the leg backwards up to at least 45 degrees.

(五) 放手站立至少可達 10 秒以上。

Able to stand without hand-supporting for at least 10 seconds.

參考資料(Reference)

Cameron, I. D., Dyer, S. M., Panagoda, C. E., Murray, G. R., Hill, K. D., Cumming, R. G., & Kerse, N. (2018). Interventions for preventing falls in older people in care facilities and hospitals. *Cochrane database of systematic reviews*, (9). <https://doi.org/10.1002/14651858.CD005465.pub4>

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護理指導評值 Nursing Guidance Evaluation

◎是非題 True or false

1. () 住院期間穿著防滑的鞋子且穿著的褲管不要過長，以避免行走時絆倒？

Wear non-slip shoes and trousers with appropriate-length legs to prevent being stumbled and fall during walking?

2. () 陪伴者協助從床上移至輪椅時，輪椅需先固定？

The company must first secure the wheelchair before assisting to move the patient from the bed to the wheelchair?

3. () 若需協助或有緊急事故時，可按呼叫鈴通知護理站？

If you need help or are in emergency, you may ring the nurse calling system informing nurse station?

◎選擇題 Multiple-choice questions

4. () 哪些藥物在服用後，很可能因為頭暈或步態不穩情形，因而容易發生跌倒？

①降血壓及安眠藥 ②利尿劑 ③止痛藥 ④以上皆是。

Which of the medications are possibly prone to fall induced by dizziness or unsteady gait?

① Antihypertensive drugs and hypnotics ② Diuretics ③ Analgesics ④ All of the above.



5. ()

當發現地板潮濕時，應如何處理？

- ①不須理會 ②立即通知護理站 ③自己擦乾 ④以上皆是。

What should you do when you find the floor is wet?

- ① Never mind ② Immediately inform nurse station ③ Wipe it dry personally ④ All of the above.

6. ()

下床活動時，應採漸進式下床，下列何者正確？

- ①直接讓家人下床即可；②應先坐立在床緣 5~10 分鐘，並擺動雙腳促進下肢血液回流，以避免姿勢改變發生眩暈而跌倒；③只要覺得還可以，就能下床活動，不需陪伴；④以上皆可。

Which of the follows is correct for taking a gradual manner in getting off the bed for activity?

- ① Directly let the family to get off the bed; ② It is required to first sit on edge of the bed for at least 5 to 10 minutes, swinging both legs to enhance blood return of the lower limbs to prevent any fall resulted from dizziness due to posture change; ③ It is acceptable to get off the bed for activity whenever feeling alright, no need for any accompanying; ④ All of the above.

(答對 5-6 題⇒完全了解；答對 3-4 題⇒部分了解；答對 1-2 題⇒完全不瞭解)

(Correct in 5 or 6 questions ⇒completely understood; correct in 3 or 4 questions ⇒partially understood; correct in 1 or 2 questions ⇒not understood at all)

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