

(from dairy produce, bony tinned fish and sunlight).

5. If you have a fall, do not ignore it - let your GP know.
6. Put handrails on the stairs, doorways, corridors and in your bathroom.
7. Ensure your home is well lit, especially on the stairs and landings. Turn on a light when getting out of bed at night.
8. If possible, keep items in easy reach to avoid climbing, bending and stretching.
9. Ensure your shoes and slippers fit well and have your toe nails cut regularly.
10. Keep active.

What to do if you fall

Stop, think, plan and attract help. Use your care alarm pendant (this only works if worn) or crawl to a telephone or bang on the floor or shout. Try to get up if you can.

Keep warm. Cover yourself with anything to hand, for example a towel, rug, or blanket.

Keep moving. Move the parts of your body that don't hurt to stop pressure on the bony parts.

Concerns and complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the team or contact the Patient Advice and Liaison Service on freephone 0800 328 7971.

If you would like to have information translated into a different language, please contact the Equality and Diversity Team at: EqualityandInclusion@oxfordhealth.nhs.uk

Arabic يُرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتسليق مختلف.

Bengali আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।

Urdu اگر آپ یہ معلومات دیگر زبان یا مختلف فارمیٹ میں چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کریں۔

Chinese 若要以其他語言或格式提供這些資訊，請與我們聯繫

Polish Aby uzyskać informacje w innym języku lub w innym formacie, skontaktuj się z nami.

Portuguese Queira contactar-nos se pretender as informações noutro idioma ou num formato diferente.

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Falls prevention

Medicines can cause falls

Falls are not just the result of getting older. Many falls can be prevented. Falls are usually caused by a number of things. By changing some of these things you can lower your chances of falling.

Why do people fall?

- impaired balance
- medical conditions, for example stroke, Parkinson's disease or arthritis
- interaction or side effects of medications
- wrong footwear or feet problems
- poor vision
- hearing problems
- lack of exercise, which can reduce mobility
- hazards at home such as poor lighting or loose-fitting rugs and carpets
- alcohol

Why medicines can cause falls?

- physical action of the medicine, for example lowering your blood pressure
- drug interaction (especially if you are taking four or more medicines)

Side effects may include drowsiness, dizzy spells, confusion, dehydration and visual disturbances.

Types of medicines that can cause falls

Please note: this is a general guide only. Patients should always contact their own GP or community pharmacist for further information and support. With regular monitoring, problems can be easily avoided or minimised.

Do not forget: the effects of alcohol, when taken with some medicines, can increase the risk of falling and confusion.

Medicine	Side effect
Antidepressants	Can lower blood pressure, cause confusion, dizziness and drowsiness
Sleeping tablets	Will cause drowsiness.
Water tablets	Can dehydrate and lower blood pressure.
Heart medicines	Can lower blood pressure and pulse.
Antipsychotics	Can cause confusion and drowsiness.
Laxatives	Can dehydrate.
Painkillers	Can cause confusion and sedate.
Antihistamines	Can cause drowsiness. Non-drowsy options are available, please ask your GP or pharmacist.
Over the counter / herbal medicines	Always check with your GP or pharmacist.

For further information or advice please contact the falls office by:

Phone: 01865 903400

Email: falls@oxfordhealth.nhs.uk

Review of your medication

It is important to get all of your medication checked regularly to ensure it is having the desired effect on your health. This review

process is intended to improve the quality of your treatment and is not intended as a means of saving money by stopping your medicines.

How do I make an appointment?

You can get a medication review by booking an appointment through your GP surgery reception.

How often do I need to get my medication reviewed?

We usually recommend at least once a year, but more often if you take many medicines or certain types of medicines. Your GP or community pharmacist will be able to give you more information on your specific medicines.

What happens if I cannot get to the GP surgery?

Everyone is encouraged to come to the surgery but if you are housebound, let the surgery staff know and they can make alternative arrangements.

If there is an urgent problem with your medicines, do not wait for a review. Talk to a doctor or pharmacist straight away.

10 tips to help prevent falls

1. Ask your GP to review your medications and ask about their side effects.
2. Have your eyesight checked once a year.
3. Wear your pendant alarm or consider purchasing one if you do not have one.
4. Increase your calcium and vitamin D intake