

Kaohsiung Veterans General Hospital Nursing Department Nursing Guidance Leaflet

高雄榮民總醫院護理部護理指導單張

Department 科 別	Nursing Department 護理部	No: 7000067
Subject 主 題	To prevent falls is everyone's responsibility 防跌免傷，人人有責(英文版)	2018.02.22 institution(訂定)
Unit 製作單位	W91	2025.04.23 The 4 st revised(四修)

I. A person's physical condition and function alters after admission. The following are common fall risk factors:

住院與家中的環境不同，病人的身體狀況也與生病前不同，下列情境容易跌倒：

1. Health factors:

健康因素：

(1) Have you fallen in the past year?

過去一年曾經跌倒過。

(2) Dizziness(including when Postural change), poor vision and muscle weakness.

感覺頭暈（包括姿勢改變時）、視力模糊、四肢無力。

(3) Unable to stand on one foot more than 5 seconds.

無法單腳站立超過 5 秒。

(4) Stand up from the armchair without relying on any aids, walk three meters forward, turn around and then walk back and sit down. The above action cannot be completed within 12 seconds(Figure 1).

無法完成以下動作：在 12 秒內完成不依靠輔助物從椅子上站起，往前走三公尺，回轉走回坐下（圖一）。

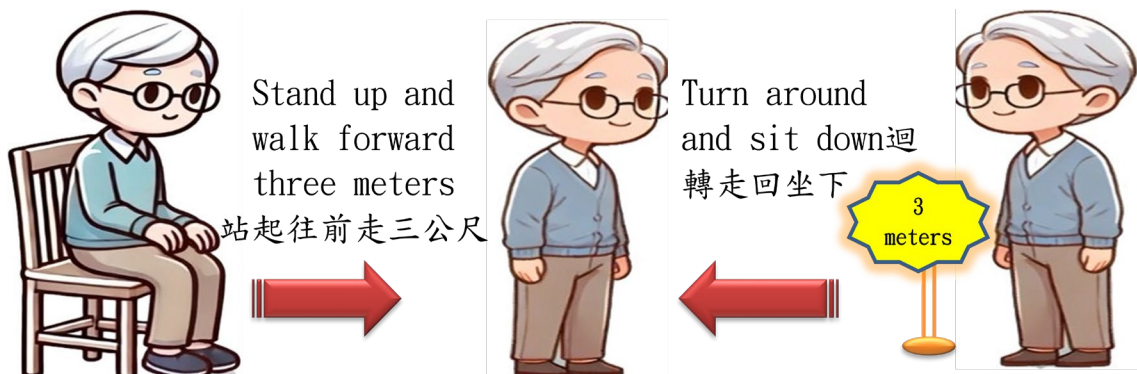


Figure 1(圖一) time up and go test 起身行走測試

(5) Having Parkinson's disease, epilepsy, arthritis or stroke.

患有巴金森氏症、癲癇、關節炎或中風等。

- (6) Conditions predisposing to urinary frequency, incomplete bladder emptying, diarrhea, incontinence.
頻尿、解尿不乾淨、腹瀉、失禁。
- (7) Irritability and agitation (including dementia).
行為混亂、躁動（包括失智）。
- (8) Getting out of bed after a long-term illness, in operation day and after anesthesia, or physical frailty from hospital treatment (e.g. Chemotherapy, prolong fasting, etc.)
久病第一次下床或當天手術、麻醉後下床、因住院治療身體虛弱（例如癌症藥物治療、長時間禁食等）。
- (9) Insistence of getting out of bed regardless of physical condition or refusal to ask for help despite physical weakness.
不顧體力狀況堅持下床或下床時不喜歡或不好意思麻煩別人。
- (10) Inconvenient activities such as intravenous injection and drainage tube on the body.
身上有點滴、引流管等活動不方便。

2. Drug factors:

藥物因素：

Take sedatives, hypnotics, antihypertensives, laxatives, hypoglycemic drugs, antipsychotics, antidepressants, antiepileptics, anti-Parkinson's drugs, muscle relaxants, antihistamines, narcotic pain relievers, Diuretics, cardiovascular medications.

服用鎮靜劑安眠藥、降壓藥、輕瀉藥、降血糖藥、抗精神病藥、抗憂鬱劑、抗癲癇藥、抗巴金森氏症藥物、肌肉鬆弛劑、抗組織胺藥、麻醉止痛藥、利尿劑、心血管用藥。

3. Environmental factors:

環境因素

- (1) Make sure the wheelchair brakes are locked, the commode chair is stable, and the footrests are lifted up
輪椅未拉煞車桿或便盆椅未固定及腳踏板未收起。
- (2) Slippery floor: For example, the bathroom floor is slippery, tea is overturned, or the urinal is not cleaned up in time.
地面溼滑：如浴廁溼滑、打翻茶水或尿壺，地面未及時處理乾淨。
- (3) Obstacles on the ground: such as improper placement of wires, thresholds, aids, and medical supplies or medical catheters (including intravenous, medical drainage tubes, urinary catheters, etc.).
地面有障礙物：如電線、門檻、輔助器、醫療用品或管路（包括點滴、引流管、尿管）等擺放位置不當。
- (4) Daily necessities such as drinking cups, urinals, call bells, aids, etc. are not placed where you can easily obtain them.
日常用品如水杯、尿壺、呼叫鈴及輔助器等未放您容易取得之處。
- (5) The light is not bright enough.

燈光不夠明亮。

- (6) Wearing ill-fitting clothes, such as pants that are too long; shoes that do not fit well or have no anti-slip function.

穿著不合身的衣褲，例如褲子過長；鞋子不合腳或無止滑功能。

4. Other factors: For example, when the caregiver left, the call bell was not given to the patient, or the nurse was not informed. In addition, fall prevention instructions were not communicated during caregiver handover.

其他因素：例如：陪伴者離開時未將呼叫鈴交給病人使用或未告知護理師、更換照護者未再交接預防跌倒注意事項

II. What injuries will you suffer after falling?

跌倒會導致那些傷害呢？

Falling down is the most common accident in hospitalization, more than half of falling will cause physical injury, including abrasions, bruises, lumps, which will cause damage to wound suture, fractures, and even cause brain hemorrhage and death (Figure 2). No matter how minor or severe the injury, it can cause physical discomfort and worry for both the patient and their family or caregivers. That's why understanding fall prevention measures is something you should never overlook!" 跌倒是住院當中最常見的意外，半數以上跌倒會伴隨著身體的傷害，輕則擦傷、瘀青、腫塊，嚴重會造成皮膚破損需要縫合、骨折，甚至造成腦出血、死亡（圖二）。不管傷害大小，皆會造成個人身體不舒服及家人、照護者的擔憂，因此瞭解跌倒防範措施是您不可忽視的！



Figure 2(圖二)：Injuries suffer after falling 跌倒導致的傷害

III. Methods to prevent falls during hospitalization:

住院中預防跌倒的方法

1. Avoid getting out of the bed alone: If an announcement of "Fall Precaution" sign on bedside wall, please ask for help if you need to get out of bed. The nursing call bell could also be used at this time.

避免自行下床走路：當護理人員在您床位掛上『小心跌倒』標示牌時，是讓您知道獨自下床容易跌倒，若您非要下床，一定要有人在旁陪伴幫助您，請您一定要按呼叫鈴。

2. You can do some exercises in bed, such as lifting your hips or legs. Hold each movement for 5–10 seconds and repeat 5~10 times. Practice alternating both feet to strengthen your legs (Figures 3 and 4).

平日在床上可做一些抬臀或抬腿的動作，每個動作5~10秒，重複5~10次，雙腳輪流練習，以增加兩腳的力量（圖三、四）。

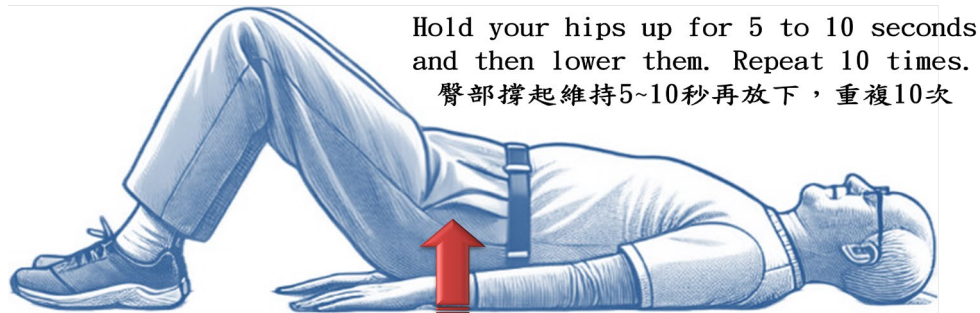


Figure 3(圖三)：hip liftsin the bed抬臀動作

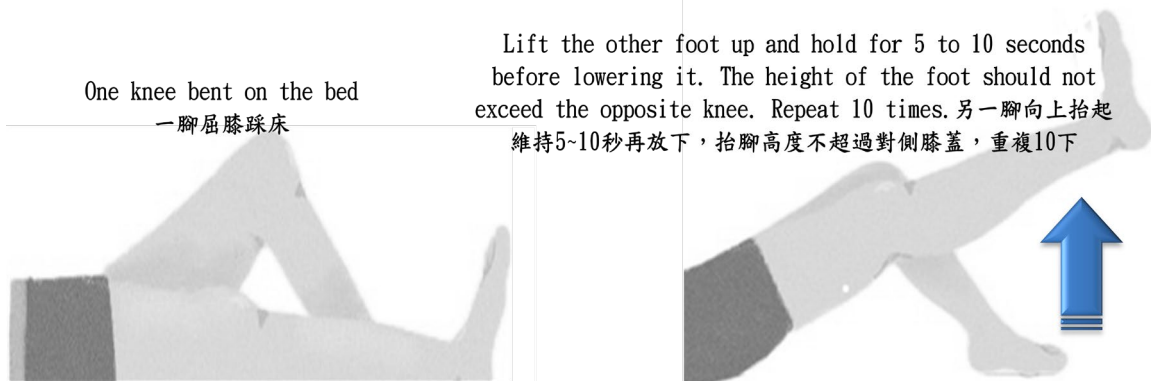


Figure 4(圖四)：leg liftsin the bed直膝抬腿動作

3.If you want to take sedative sleeping pills before going to bed, please take the toilet and go to sleep.

若睡前要服用鎮靜安眠藥，請服藥後先上廁所再睡覺。

4.Do not get out of bed directly. Sit up for a while, then stand up steadily, paying attention to IV lines or drainages when you walk.

下床前採取側身下床「先坐著不暈時→再站立等不暈時→走動」動作，並注意身上的點滴及引流管。

5.If you feel dizzy, please change your posture gradually before getting out of bed.

若您感覺頭暈，請您下床前採取漸進緩慢變換姿勢的方法。

6.If you feel dizzy or weak in your lower limbs while walking, you should immediately stop walking(Figure 5), or immediately squat or hold on to objects such as corridor handrails, footboards.Items that are easy to slide should not be used as a support, such as a drop stand and a bed table.

行走當中感到眩暈或是下肢無力，應暫停走動（圖五），立即蹲下或拉身旁不會滑動的物件，如走廊扶手、床尾板等，減少傷害，並請求協助，容易滑動的物品請勿作為支撐，例如點滴架及床上桌。



Figure5(圖五)

You must stop to walk because of your dizziness and weakness.

行進中頭暈無力應暫停走動

7. Health care items such as cups, urinals, shoes, call bell, crutches, walkers, etc. should be placed in accesible areas to prevent falls

常用物品放容易拿取處：如水杯、尿壺、鞋子、呼叫鈴、拐杖、輔助器、手機等，應放於您可以立即取用處，以減少跌倒發生。

- 8.If you need to go to the bathroom frequently, make sure that you are accompanied by another person or make good use of bedside commodes. Do not go to the toilet alone(Figure 6).

如果您有排泄上的問題，需要常常上廁所，一定要有人在旁全程陪伴，或按呼叫鈴由護理師協助使用床旁便盆椅，請勿單獨上廁所（圖六）。

- 9.Do not get out of the bed over the siderails. The caregiver may pull up the siderails to protect you. You may also press on the nurse's call bell or wake your accompanying caregiver up to assist you if you need to get out of bed. 勿跨越床欄下床：護理人員為保護您，可能會拉起床欄，若您需下床時，請按呼叫鈴或叫醒旁邊照顧者協助放下床欄。

- 10.Keep the floor dry. If you notice the patient bedroom or bathroom floor slippery, please immediately inform the nurses so as not to fall.

地面乾燥：若發現室內及浴廁地面溼滑，請立即向護理人員反應處理，以免滑倒。

11. Make sure that the room has plenty of light. If it is too dark, ask your caregiver to turn on the lights.

光線充足：若您感到光線不足，請通知護理人員或照顧者開燈。

- 12.Wear well-fitting underwear and shoes: Avoid wearing pants that are too long which might cause stumbling. The shoe vamp covers the foot, Avoid wearing shoes with slippery soles (Figure7). Avoid barefoot or only wearing socks.

合宜的衣褲及鞋子：避免穿過長的衣褲導致絆倒，鞋子要穿可包住腳的止滑鞋底（圖七），避免赤腳或僅穿襪子。



Figure6(圖六)：Do not go to the toilet alone 請勿單獨上廁所

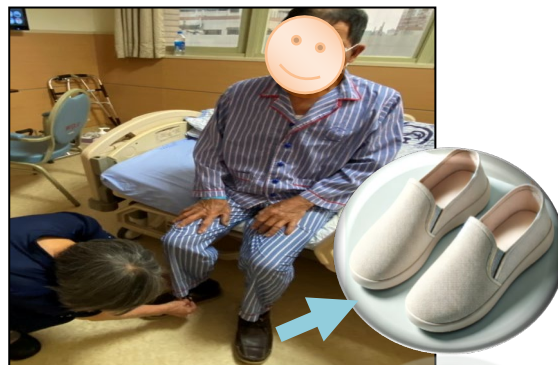


Figure7(圖七)：Wear well-fitting underwear and shoes 合宜的衣褲和鞋子

- 13.Our nursing personnel will teach you the correct usage of your walkers and healthcare aids if you need them. Please inform the nursing personnel if you have any questions about the instructions.

護理人員提供您輔助器時，會教導正確使用方法並置放方便取用的位置，請您按指導正確使用，若有任何問題請告知護理人員。

- 14.When your family or caregiver leave your hospital room or they have difficulties of assisting you alone, please inform your nurses if you need

additional assistance.

當您的家人或照顧者有事離開或無法一人扶持您時，請務必告知護理人員多加探視及提供幫助，不要怕麻煩護理人員！

- 15.If there are carers taking turns to accompany you, please inform the precautions for preventing falls, and if you have any questions, you can ask the nurse.

若有照顧者輪流陪伴時，請交接預防跌倒注意事項，如有疑問可再詢問護理師。

IV. Methods to prevent falls at home:

居家預防跌倒的方法：

- 1.At home, you can still do some hip-lifting or leg-lifting movements (Figure 3.4) to increase the strength of your feet. Gradually increase the number of activities every day according to your physical strength.

在家仍可做一些抬臀或抬腿的動作（如圖三、圖四），增加兩腳力量，每天依體力逐漸增加活動次數。

- 2.Get out of bed gradually, and choose suitable walking aids or crutches as needed (Figure 8).

採取漸進式下床，並視需要選用合適的助行器或拐杖（圖八）。



Figure8(圖八)：choose suitable walking aids or crutches as needed. 選擇適合的輔具

- 3.If you feel dizzy or weak, you should stop walking immediately, squat down or hold onto an immovable object beside you, sit down slowly, and ask your family for help. Don't be afraid to bother your family to reduce the risk of injury.

若自覺頭暈或無力時，應立即暫停走動，先蹲下或拉住身旁不會移動的物件緩慢坐下，並請求家人協助，不要怕麻煩家人，以降低發生傷害風險。。

- 4.Pay attention to sufficient light in the range of home activities. If it is not enough, increase the lighting. Keep the ground dry and avoid dampness and excessive smoothness. You can lay anti-fall cushions next to the bed.

注意居家活動範圍光線要足夠，若不足須增加照明，保持地面乾燥，避免潮濕與過度光滑，可於床旁鋪設防跌軟墊。

- 5.Reduce ground obstacles (such as wires and sundries) in the walkway, and add foam or anti-collision bars to the sharp parts of the furniture. The thresholds and steps can be distinguished by contrasting colors.

減少走道的地面障礙物（如電線、雜物），並在家具尖銳處加上泡綿或防撞條，門檻及階梯可以用顏色對比增加辨識度。

- 6.The seat in the house should be stable, do not use chairs with wheels.It is best to have armrests, and avoid using chairs that are too low and too soft (such as sofas).

家中座椅應穩固，不使用有滑輪的椅子，且最好有扶手設計，避免太低和太軟的椅子（如沙發）。

7.Bathroom: It is recommended to install handrails next to the wall, toilet, and bathtub. The anti-slip mat can cover the entire bathroom. A shower chair with backrest and handrails should be placed. A non-slip foot mat should be installed in front of the door. The threshold should have special markings such as color or night light bar to avoid accidentally tripping. A potty chair or a urinal can be placed beside the bed during night sleep, and sufficient lighting should be provided in the toilet.

浴室：建議在牆面、馬桶、浴缸旁邊裝設扶手，止滑墊可鋪滿整個浴室，並放置一張有靠背及扶手的沐浴椅、門檻前要設置止滑的腳踏墊，門檻要有特別標示如顏色或夜間亮光條，以免不慎絆跌。夜間睡眠可於床旁放置便盆椅或尿壺，上廁所要有足夠照明。

8.If there is a necessity to assess flow at home and barrier-free facilities, you can apply home-based functional therapists from Department of Social Welfare to conduct home assessments.

若有需要評估居家動線及無障礙設施，可向社會局申請居家職能治療師到宅評估。

9.If you often fall at home, it is recommended to consult the integrated outpatient clinic for senior citizens, and a doctor will provide professional assistance!

若在家經常跌倒，建議諮詢高齡整合門診，由醫師提供專業協助！

We care for your safety! **您的安全，我們關心!**

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- 圖一、「利用起身行走測試跌倒的風險」由 AI Chat-GPT 生成．2025 年 03 月 10 日 17:02:25。
- 圖二、「跌倒導致的傷害」高雄榮民總醫院品管中心黃新智、陳韋欣 (2022)拍攝授權使用。

圖三、「抬臀動作」由 AI Chat-GPT 生成・2025 年 03 月 10 日 19:01:44。

圖四、「直膝抬腿動作」高雄榮民總醫院 91 病房楊春穎(2025)繪製授權使用。

圖五、「行進中頭暈無力應暫停走動」由 AI Chat-GPT 生成・2025 年 03 月 10 日 2025.04.22, 11:07:13。

圖六、「如廁時照顧者全程陪伴」高雄榮民總醫院品管中心陳韋欣・(2022)拍攝授權使用。

圖七、「合宜的衣褲和鞋子」高雄榮民總醫院品管中心陳韋欣・(2022)拍攝授權使用及由 AI Chat-GPT 生成・2025 年 03 月 10 日 14:24:55。

圖八、「選擇適合的輔具」由 AI Chat-GPT 生成・2025 年 03 月 10 日 16:30:28。

Note(備註)： Review once a year 每年審閱一次

This patient safety information is for reference only. It is designed to replace standard medical treatment. If you have any questions, please consult your doctors.

所有衛教資訊內容僅供參考使用，無法提供任何醫療行為和取代醫師當面診斷，若有問題，請向門診醫師或原住院病房諮詢！