

## Patient information

# Health Advice Following a Fall

**Date of fall:**                      **Time of fall :**                      **Time assisted from floor:**

You have been assisted from the floor after you experienced a fall at home.  
We have checked your symptoms and anticipate that you are able to remain at home.

Falls can sometimes cause a blood vessel next to the brain to bleed, particularly if you hit your head. ***Symptoms could develop several days or weeks after the fall and could include:***

**Headache**

**Vision Changes**

**Confusion**

**Drowsiness**

**Dizziness**

**Seizure (rare)**

**Nausea and Vomiting**

**Head injury leaflet given** ☐

## Where to get help

- Go to the emergency department at your nearest hospital

***or***

- Call 999 for an emergency ambulance
- The West Suffolk Community Teams can be re-contacted via the Care Co-ordination Centre **0300 123 2425**

## Recovery

Over the next few days, you could experience mild symptoms that include:

- Feeling dizzy
- Nausea (without vomiting)
- Minor headaches
- Loss of appetite
- Insomnia or disturbed sleep
- Tiredness
- Memory problems or lapses in concentration
- Anxiety or irritability
- Bruising *can be painful for a few days, if severe pain occurs seek medical advice*

## Things that will help you get better

- ✓ Slowly returning to normal activity - **do not drive or drink alcohol until you feel better**
- ✓ Continue usual medications unless told otherwise
- ✓ Always use regular walking aids when mobilising
- ✓ Pause and stand still after getting out of bed or up from the chair before mobilising

## Do you have regular falls?

- ✓ If you need help with day-to-day living because of illness or disability, social care support can be discussed via Customer First Suffolk : **0808 800 4005**.
- ✓ Regular strength exercises and balance exercises can reduce your risk of having a fall. Your GP can be contacted for a referral to a FREE programme near you.
- ✓ More information about preventing falls at home can be found at:  
<https://www.nhs.uk/conditions/falls/prevention/>.

### **Clinical research**

West Suffolk NHS Foundation Trust is actively involved in clinical research. Your doctor, clinical team or the research and development department may contact you regarding specific clinical research studies that you might be interested in participating in. If you do not wish to be contacted for these purposes, please email [info.gov@wsh.nsh.uk](mailto:info.gov@wsh.nsh.uk). This will in no way affect the care or treatment you receive.

### **Accessibility**

If you require this leaflet in a different format, please contact the patient advice and liaison service on 01284 712555 or email [PALS@wsh.nhs.uk](mailto:PALS@wsh.nhs.uk)

**If you would like any information regarding access to our Trust services and facilities, please visit the website for Accessible: <https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>**



© West Suffolk NHS Foundation Trust