

預防跌倒措施 Interventions of Falls Prevention



如有任何查詢
請聯絡護士或醫生
For enquires,
please contact the nurse or doctor

病房單位 Ward unit

護欄拉高床鎖好
Always put the side rails
of the bed



家長陪伴唔少得
慎防跌倒意外生
Parents need to look
after the safety of their
child to avoid falling.

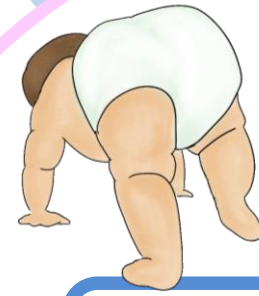
電線拖板固定好
Electrical wires should
be kept intact

使用輔助工具 Use accessibility tools

輪床輪椅上好鎖
上落坐好才使用
Always lock the wheelchair
before standing up



輔助步行需照顧
Assist the patient using
crutches



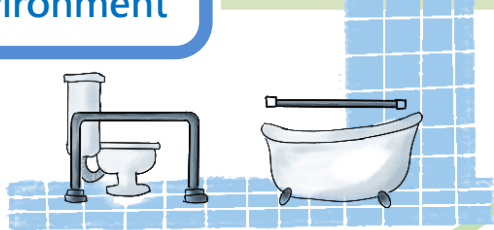
教導患兒守紀律
通道濕滑勿跑跳
Observe hospital rules.
Don't run on slippery
areas.



環境光亮無阻礙
Use light if necessary



如廁沐浴要防滑
Be mindful when taking a
bath or using the toilet



環境 Environment

患兒自身 注意事項 Child's own precautions



服用鎮靜降壓藥
利尿降糖止痛藥
術後暈眩勿起床
留意防範生意外
Rest after operation and
upon taking multiple
usage of medicines like:
Cardiovascular, Diuretic
and Anesthesia

衣服合身防絆倒
Use exact size of
clothes





住院新生兒 預防跌倒措施 Interventions of fall prevention in NICU

- ☺ 應雙手抱新生兒
Hold the neonate with both hands
- ☺ 當照顧者感眩暈不適時，
切勿抱新生兒
Never hold the neonatal if suffering
from vertigo
- ☺ 確保溫箱門或床欄已鎖好
Lock up the door of incubator or the rails of open-cot
- ☺ 切勿單獨留新生兒在沒有床欄的平
面上
Don't put the baby in a place where there is no bed
rails
- ☺ 抱著新生兒時，切勿坐有輪的坐椅
When holding the neonatal, never sit on a chair with
wheels
- ☺ 保持地面乾爽
Keep the floor dry



那些患兒 容易跌倒 Children who are prone to fall



- ☺ 年齡少於 3 歲
Less than 3 years old
- ☺ 步態不穩
Walking imbalance
- ☺ 對安全意識缺乏
Unaware on safety
environment
- ☺ 曾有跌倒史
With history of falls
- ☺ 有神經系統、呼吸或心血管系統疾病，如出
現眩暈、貧血
Neurological problem, respiration problem, cardiac
problem, can cause dizziness, anemia
- ☺ 意識障礙(如神志不清，躁動混亂等)
Disorder of consciousness (unconsciousness, agitation,
confusion)
- ☺ 術後 24 小時內
Surgery within 24 hours
- ☺ 服用影響意識或活動的藥物，如：心血管
類、利尿劑、麻醉鎮靜藥、輕瀉劑
Multiple usage of the following medications like:
Cardiovascular, Diuretics, Anesthetic, Laxative can
affect Neurological/ physical activity of the patient
- ☺ 需要輔助工具協助走動
Need to use assistive devices on walking / moving



澳門特別行政區政府衛生局
仁伯爵綜合醫院



Serviços de Saúde do Governo da Região
Administrativa Especial de Macau
Centro Hospitalar Conde de São Januário

兒童 Child



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