



Health advice following a fall

Patient sticker

Note for health professionals:

Patients who are coagulopathic are at increased risk of complications. Information in this leaflet should be explained thoroughly.

Date of fall: _____

Time of fall: _____

You are receiving this information as you have experienced a fall in the last 72 hours, either at home or while in hospital.

We have checked your symptoms and it is unlikely that you will have any further problems. Falls can sometimes cause damage to a blood vessel that may bleed next to the brain. This is uncommon but can occur. This is more likely if the fall involved hitting your head. Symptoms may not develop for several days or even weeks after the fall.

Worsening or severe symptoms to watch out for

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| Headache <ul style="list-style-type: none">A headache that gets worse and/or is not relieved with simple pain medication. | Blurred vision <ul style="list-style-type: none">Problems focusing or you start seeing double. |
| Drowsiness <ul style="list-style-type: none">Fainting or drowsiness – or if you feel more tired than usual. | Nausea and/or vomiting <ul style="list-style-type: none">Feeling sick or you begin to vomit and this does not settle within two to three hours. |
| Dizziness and/or weakness <ul style="list-style-type: none">Increasing dizzinessDifficulty walking steadilyLosing your balanceWeakness in any of your limbs. | Confusion <ul style="list-style-type: none">Unusually strange behaviourProblems speaking or understandingUnable to recognise people, places or you get muddled up. |
| Seizures (rare) <ul style="list-style-type: none">Have a blackout or a seizure (any jerking of the body or limbs). | Other symptoms <ul style="list-style-type: none">Continual clear fluid or bleeding from the ear or nose. |

What to expect

Most people recover quickly and fully from their injury with no long-term problems. Over the next couple of days you may experience some **mild** symptoms such as minor headaches, feeling dizzy, irritability, tiredness, problems with concentration or memory, feeling sick without vomiting, lack of appetite and problems sleeping. If these **mild** symptoms do not go away after two weeks or they become worse, contact your GP.

It is normal for bruising to limit some of your movement for a few days after your fall. If you experience severe pain, which does not go away, or you have ongoing difficulty with moving and walking, speak to your GP.

Speak to your GP if you are worried about being able to drive or work.

Things that will help you get better

- show a relative/friend or carer this leaflet so they also know the symptoms to look for
- stay within easy reach of a telephone or your personal alarm in case you need help
- slowly increase activity to your normal level
- take your usual medications unless advised not to by your doctor
- do not drink alcohol until you feel better
- do not drive until you feel better.

Where to get help if needed

If your symptoms become worse within 72 hours after your fall, or you have any concerns please:

- call *healthdirect* 24-hour telephone health advice line on 1800 022 222 or
- call or visit your GP or
- go to the Emergency Department at your nearest hospital or
- call an ambulance.

If you are uncertain about any of this information, speak to your health professional or GP.

Discharge advice for carers of adults who have had a fall

Your relative/friend has been discharged from hospital. We have checked their symptoms and it is unlikely that they will have any further problems. They are being given this advice leaflet as they had a fall within 72 hours prior to this discharge. If your relative/friend has any symptoms listed in this leaflet or there are any concerns please ring *healthdirect*, contact their GP, go to the Emergency Department at their nearest hospital or call an ambulance.

Please ensure your relative/friend has a nearby phone and is able to contact someone easily.

For information on how to prevent further falls visit www.stayonyourfeet.com.au



This document can be made available in alternative formats on request for a person with a disability.

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