



# Building your confidence

## after a fall in hospital



A fall in hospital can cause stress, anxiety and lead to a loss of confidence. Following a fall, your feelings may range from embarrassment to severe distress. You might be more concerned about walking and restrict your activity or be left with persistent memories of the fall. These feelings may be stronger when a fall happens in hospital, a place where you might expect to feel safe. Asking questions and understanding the changes you may need to make can help to support your mental wellbeing. The following information will provide you with the tools to access further help.



### Talk to staff

It's important that you and the people who support you:

- > speak to a healthcare professional after the fall to understand next steps
- > understand what may have caused the fall
- > acknowledge and share your feelings about the fall.

### Suggestions

- > Patients and their named contacts and carers are encouraged to talk to healthcare professionals about what may have caused the fall to help prevent future falls.
- > The Royal College of Physicians National Audit of Inpatient Falls (NAIF) patient resource *How should your hospital prevent and respond to falls during your stay?* contains useful information on what should happen after someone has had a fall. Following a fall, you may be uncertain of where to turn to access support.



## Accessing support

Following a fall, you may be uncertain of where to turn to access support.

### During your hospital admission:

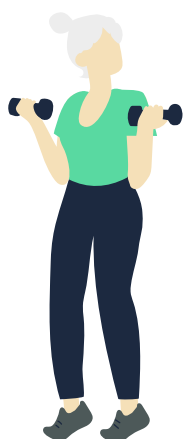
- > talk to staff if you're feeling distressed
- > ask for an explanation of what happened and share the impact the fall has had on you
- > if the fall has affected your confidence and mobility, you may benefit from a review of your mobility and balance.

### After discharge

The effects of the fall may continue after discharge from hospital, and you should consider seeking support if:

- > the concern about falling is stopping you from doing things you'd usually do.
- > the memories of the fall are persistent and distressing.

Your first point of contact is your GP, who can assess if further physiotherapy or other interventions could help you. Depending on where you live, you may be able to access talking therapies through your local talking therapies [service via self-referral](#).



## Further information

Falls that result in a fracture can be distressing. You may need support to help you feel more confident and get back to enjoying daily life.

### Emotional support

Support groups in your local area

Contact your GP practice or another healthcare professional

### Practical support

Read the National Hip Fracture Database patient resource to learn [what to expect after a hip fracture](#)

Contact support organisations such as the Royal Osteoporosis Society

### Suggestions

- > Many areas have balance exercise groups that you may benefit from. Your GP may be able to refer you to a social prescriber to find out what is available.
- > Speak to healthcare professionals about other community-based support services, for example: Age UK has useful advice on [adapting your home](#), and the Royal Voluntary Service offers [support for people in hospital](#). The Royal Osteoporosis Society has a dedicated helpline for tailored information about osteoporosis and bone health at 0808 800 0035

**The National Audit of Inpatient Falls (NAIF) looks at the delivery and quality of care for patients who are over 60 and who fall and fracture their hip or thigh bone during a stay in hospital.**

**For an explanation of any of the terms used, please refer to the [FFFAP glossary](#).**