

Practicing Senior Safety Tips Keeps Preventable Falls Away from You (Chapter 4) 防跌耆妙法，路遙皆可達 (第四章)

16. Reducing the consequence of fall injuries

減少因跌倒而受傷的後果

A hip fracture or head injury can change a life in seconds.

髖部骨折或頭部受傷，都可以瞬間改變一生。

Hip fracture is an important source of morbidity and mortality in the elderly, and is one the main reasons why people are referred to a nursing home.

髖部骨折是影響發病和死亡率的重要因素，也是長者被轉介到護養院的主要原因之一。

What starts out as an innocent fall may lead to an operation, a long stay in hospital and an increased demand for professional care.

最初可能只是一個無心之失而跌倒，導致要做手術，在醫院長期臥床，和對專業照料需求的增加。

Preventing hip fractures has the potential to be of great benefit to older people.

預防髖關節骨折對長者大有好處。

It can lessen disability and enhance quality of life.

可以減低身體殘障，提昇生活質素。

It could also be cost-saving by reducing direct treatment costs and costs of long-term community or residential aged care services.

同時也可以省金錢，因可免卻相關治療和長遠的住院及照顧服務等。

While falls cannot always be prevented, fall-related injuries can and have been prevented.

雖然跌倒不能完全預防，但與跌倒有關的傷害卻是可以得到預防。

Hip protectors have been advocated as a means to reduce the risk of hip fracture.


髖關節保護墊被提倡作為降低髖關節骨折的風險。

External hip protectors are devices that decrease the force transmitted through the greater trochanter to the hip in a fall to the side.

外置式髖關節保護墊是用來減少在側身跌倒時，由股骨轉子而傳送到臀部的撞擊力。

A shield or pad is held in place over the greater trochanter by modified underwear as a part of pants.

通常髖關節保護墊是透過改裝內褲，在股骨大轉子位置加上一層保護墊。

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The device works by either diverting the force of the fall away from the greater trochanter to the surrounding tissue or by absorbing the energy of the fall into the material of the pad, depending on the type of hip protector.

此裝置可以把股骨轉子所受的撞擊力，分散到旁邊的身體組織，又或是利用護墊的物料吸收跌倒產生的撞擊能量。

However, compliance is often poor.

然而，穿著保護墊依從性通常很差。

Reasons for lack of acceptance and poor adherence with hip protectors commonly include discomfort, extra effort needed to wear the devices including difficulty removing them when going to the bathroom, urinary incontinence, physical difficulties or illness and appearance.

髖關節保護墊的接受度低的原因，通常是穿戴不舒服，需要額外努力才能穿好，這包括如廁時很難脫下，尿失禁，身體上的困難或疾病問題，外表問題等。

Based on the experiences of elderly people who wear the hip protectors and their caregivers, adjustments should be made to the protector and the underwear, so that elderly people are more willing to wear protectors.

根據有穿髖關節保護墊的長者和其照顧者的經驗所得，保護墊和內褲需要有所調整，長者才更願意長期穿著。

With the evolution of technology for head injury prevention for sports, there are now protective cap which is made of a soft, pliable polymer that locks up on falls impact.

在運動界防止頭部受傷的科技不斷演化，現在已經出現以軟而柔韌的聚合物製造的保護帽，以緩解跌倒的影響。

This is another protective gear that carers may consider when caring for a senior with high risk of fall.

這是照顧者可以考慮的另一個保護用具，給予跌倒高危的長者。

Better understanding is needed of the personal and design factors that may influence acceptance and adherence to these protective devices.

使用者的個人原因和物件的設計因素，都會左右這些保護衣物的接受和使用程度，因此我們需要對這些因素有更深入的理解。

The effectiveness of any hip protector intervention for the seniors at risk of falls and fractures is dependent on the compliance of not only the seniors, but also the carers.

任何髖關節保護墊是否能有效地保障屬跌倒和骨折高危的長者，取決於長者以及照顧者是否遵從使用。

Nevertheless, it has been shown that hip fractures were noticed at the time of a fall when hip protectors were not worn.

然而，有顯示跌倒者有髖關節骨折的情況，往往是他們沒有戴上髖關節保護墊。

For effective use of hip or head protectors by older people living in the community, it is vital to overcome barriers to their adherence.

因此，要令髖關節保護墊或頭部保護墊真的可以有效地保護到長者，解決他們使用時的障礙、令他們可以嚴守建議持續使用才是關鍵。

Also, there is little motivation for hospital nursing staff to be diligent with hip protector application as other aspects of care tend to take priority.

此外，醫院護理人員缺乏動力應用髖關節保護墊，因為其他方面的護理往往取優先。

We need motivated senior staff in the hospital as well as, specific hip protector guidelines that are likely to improve hip protector adherence as a start, and this may have a run on effect following discharge.

我們需要有積極的醫院資深員工，以及使用髖關節保護墊的明確指引，這可能改善作為開始使用者的依從性，及在出院後持續使用。

Those charged with implementing changes in practice or policy should consider how the context for implementation can be optimized to increase the likelihood of success.

那些負責實行政策或實踐改革的員工，應該考慮如何在個別醫院的環境中完善實施保護墊的應用，以提高成功的可能。

17. Post fall management

在家跌倒可以怎麼辦？

When a person falls, it is important that they are assessed and examined promptly to see if they are injured. This will help to inform decisions about safe handling and ensure that any injuries are treated in a timely manner.

當一個人跌倒時，重要的是及時評估和檢查，看看他們是否受傷。這將有助提供決策資訊，並確保安全及時處理任何傷害。

It is best to check for signs or symptoms of fracture and potential for spinal injury before they are moved.

最好在移動前檢查骨折的跡象或症狀以及脊柱損傷的可能性。

Hence, there should be a safe manual handling post-fall protocol that is followed for all older people who fall during a hospital stay to check for injury.

因此，醫療機構應該有一套作為醫護人員遵循跌倒後的安全處理指引，以正確檢查所有年長者在醫院住院期間跌倒後有否受傷。

This is critical to their chances of making a full recovery.

這對他們完全康復的機會至為重要。

However, what can senior or carer do when the accident happen at home?

然而，當事故發生在家裡時，長者或照顧者可以做什麼？

Have someone to check on the senior with high risk of fall regularly so that the senior don't feel anxious or worried about possibly falling at home, especially living alone.

需要有人定期探問有較高危跌倒的長者，使他們不感到焦慮或擔心可能會在家裡跌倒，特別是獨自生活的長者。

A. Help yourself up with the furniture around

利用附近傢俱自救

1. **Firstly, after falling, stay calm and take a few deep breaths.**
跌倒後首先要保持冷靜，深呼吸幾下。
2. **Examine yourself for injuries.**
檢查一下自己有沒有受傷。
3. **If you are confident you have not sustained any fracture or experienced a serious injury, search for the nearest piece of sturdy furniture, for instance, a dining chair.**
如果你確信自己無骨折或嚴重受傷，找一下身邊有沒有堅固私傢俱，例如餐椅。
4. **Slowly roll onto your side and then work to get onto your hands and knees.**
然後慢慢轉側，用對手和膝蓋撐起自己。
5. **Crawl or drag yourself over to that chair.**
向那張餐椅慢慢爬過去。
6. **Get into a kneeling position, put one hand on a stable part of the chair, e.g., the seat, and place the other hand onto the floor nearby.**
以跪下的姿勢，將一手放在餐椅的穩定部分如椅子的座位，另一手按地。
7. **Choose your stronger leg and move that knee forward so as to place the foot on the floor.**
揀選你最強那隻腳，將膝蓋向前提起，令你可以把腳放在地下。
8. **Ending up in a kneeling lunge, put the other hand onto the chair for further support.**
最後形成弓步狀態，把另一隻手也放在餐椅座位上借力。
9. **Using your arms and legs simultaneously, push yourself up and pivot around to sit on the chair.**
手腳同時用力撐，轉身直至你坐在那張餐椅上。
10. **Stay sitting until you feel well enough and confident that you can move around without hurting yourself or falling again.**
坐好休息一會，直到你覺得自己有信心有力氣，才站起來走路。
11. **Once you are up, notify your doctor, relative, and care worker, if any, that you have had a fall incident.**
站起來之後，如可以的話，通知你的醫生、家人或照顧者，有關剛才發生的跌倒情況。
12. **Then, keep an eye out for emerging pain or signs of injury.**
然後要留意有沒有疼痛或受傷情況浮現。

B. Call for help if injured or unable to get up

如受傷或起不來時要發出求救信息

1. If you find that you are injured or unable to get up, try to alert someone of your situation, such as pushing the safety bell, calling the emergency number 999, or knocking at a door with a hard shoe.

如你發現自己受傷或起不來，嘗試求救，如按動平安鐘、撥打 999 報警，或以硬鞋敲門。

2. While waiting for the help or rescue, try to keep yourself warm and stay calm.

在等候救援時，盡量保持溫暖和冷靜。

C. Safely helping an older adult get up from a fall

協助長者在跌倒後站起來

Seeing an older adult lying on the floor after a fall, many people would instinctively reach out, grab his or her hand or arm, and pull him or her up.

見到長者跌倒在地，很多人第一反應是伸手拉著他/她的手或手臂，嘗試拉他/她起來。

Doing that, however, can make an injury worse or even give him or her a new injury, such as breaking a fragile arm or pulling a shoulder out of its socket.

然而，這樣做可能會令受傷更嚴重，更甚或動作本身會造成新的傷勢，如弄斷了脆弱的手臂，或令其肩膀脫臼。

Of course, it is not that we want to but the bones and joints of many older adults are weakened from age and use.

當然那不是指我們是故意的，卻是由於長者的骨骼和關節隨著年齡和使用久了而變得脆弱所致。

Steps for helping an older adult up

如何協助長者站起來

1. Stay calm and help the older adult to remain calm by encouraging him or her to take slow and deep breaths.

保持冷靜，並鼓勵長者深呼吸幾下以冷靜下來。

2. Have him or her to lie on the floor still for a few moments. Do not try to get him/her up straight away.

讓長者躺在地上一會，不要急著立即拉他/她起來。

3. Examine him or her for injuries, such as bruises, bleeding, possible sprains and fractures.

檢查一下長者有沒有受傷，如瘀傷、流血、關節扭傷或骨折。

4. Ask him or her if there is any pain, where it is located, and how severe it is.

問長者有沒有那裡痛，有多嚴重。

If he/she is not badly hurt and wants to get up, proceed slowly.

如他/她沒有嚴重受傷，並想站起來，慢慢協助他/她。

5. Find two sturdy chairs.

找兩張堅固的餐椅。

6. Place one next to his or her head and the other down by his or her feet.

一張放近他/她的頭部，另一張放在他/她的腳旁。

7. Help him/her to roll over onto his/her side and to get onto hands and knees.

幫助他/她慢慢轉側，用對手和膝蓋撐起自己。

8. Move the chair closest to his or her head directly in front of where he or she is, so that he or she can place his or her hands evenly on the seat and assume a kneeling position.

把椅子移近放在他/她面前，讓他/她可以將雙手平穩地放在椅子的座位上，形成跪著的姿勢。

9. Ask him or her to lean forward on the seat as he or she brings his or her stronger leg forward, leading with the knee to place the foot flat on the floor. In doing so, a kneeling lunge is adopted.

叫他/她俯身向椅座，可以讓較強那隻腳，將膝蓋向前提起，並可以把腳放在地下，最後形成弓步狀態。

10. Move the second chair directly behind him or her, then ask him or her to use both arms and legs to push up and sit back onto this chair.

將另一張餐椅放到他/她身後，然後請他/她手腳同時用力撐，轉身直至坐上那張餐椅上。

11. Keep him or her seated until you are confident that he or she can stand and continue moving around without hurting or falling again.

坐好休息一會，直到你覺得他/她有信心或能夠站起來走路。

12. Immediately notify his or her doctor or care worker, if any, of this fall incident.

站起來之後，如可以的話，立即通知他/她的醫生或照顧者有關剛才發生的跌倒情況。

13. Keep an eye out for emerging pain and signs of injury.

然後要留意有沒有疼痛或受傷情況浮現。

Tips while helping an older adult up 協助長者站起來的小貼士

- 1. If the older adult has a serious injury, such as fracture, do not move him or her. Call emergency number 999 and keep him or her as warm, comfortable, and still as possible until help arrives.**
如果長者有嚴重受傷，例如骨折，那麼就不要移動他/她，打 999 報警求助。在等待援助期間，讓長者保暖，舒適，及保持靜止。
- 2. The older adult needs to be capable of doing the physical work required to get up. Your role is to guide him or her through the steps above and keep him or her steady as much as possible. Do not try to lift his or her weight. If he or she cannot do this, then call emergency number 999.**
長者需要有足夠體力自行爬起來，你的角色是引導他/她根據以上描述的步驟起身，並盡量令他/她在過程中保持穩定。不要嘗試抬起他/她。如果他/她並不能自行爬起來，請 999 報警求助。
- 3. If you are not confident enough to deal with, or he or she is far too heavy or difficult for you to manage, call emergency number 999 and wait for help.**
如果經評估後，預計自己無能力扶長者起來，不要勉強去拉動他/她，打 999 報警求助，等候救援。
- 4. Proceed with the steps above slowly, allowing time for his/her blood pressure to become stable and for him or her to gather enough strength to move on.**
以上協助長者站起來的步驟，需要慢慢來進行，給長者足夠時間讓血壓穩定下來，並儲夠力氣繼續下一步。
- 5. If he or she suffers from sore knees, place a towel beneath them, so that they feel more comfortable when rising or to bearing weight.**
如長者有膝蓋痛，用毛巾墊在他們身下，令他們爬起來時更舒服，也可以分擔一些體重。
- 6. Stop at any point if he/she experiences pain, or becomes too tired to get up.**
如長者在起身的過程中感到疼痛或太疲憊，可以隨時停止，不要繼續。
- 7. Keep your back upright while helping.**
在協助的過程中，協助者要保持伸直背脊。

18. Changing Behaviour to Prevent Falls

改變行為以防止跌倒

A point of attention is the attitude of the senior that greatly influence whether they will avoid fall-related risk taking behaviours when they participate in activities of daily living.

一個值得注意點是長者的態度，這極大地影響他們參與日常生活活動時是否會避免與跌倒相關的風險行為。

If older people perceive falls as a normal consequence of ageing which expressed as "seniors will always fall", this attitude may stop preventive measures.

如果長者認為跌倒是老齡化的正常後果，覺得 [人老了總是會跌倒] 的話，這種態度可能會阻止他們採取預防措施。

By giving older people an active role, this will encourage their self-management rather than dependence on the professionals.

讓長者發揮積極角色，可以鼓勵他們自我管理，而不是依賴專業人士。

The senior with high risk of falls must be persuaded that a long-term gain such as maintaining independence, greater confidence, and seeing the grandchildren grow up with the change of unsafe behaviours.

必須說服有高風險跌倒的長者相信改變不安全行為會獲得長遠的好處，如保持獨立、增強信心和看到孫輩長大。

Emphasis must be on the positive advantages of undertaking interventions such as balance and exercise training, rather than on reduction of risk of falls.

重點必須放在採取平衡和運動訓練等措施的好處上，而不是強調減少跌倒的風險。

Since the latter is generally viewed negatively and of little relevance by many older people.因為許多長者普遍認為後者是負面的，對他們沒有多大意義。

The three pillars of the WHO Falls Prevention Model encompass
世衛組織之預防跌倒模式包括三大支柱

- a) Pillar One : Building awareness of the importance of falls prevention
支柱一：提高對預防跌倒重要性的認識

- b) Pillar Two : Improving the identification and assessment of risk factors and determinants of falls
支柱二：改進監定和評估跌倒風險，及跌倒之確定因素

- c) Pillar Three : identifying and implementing realistic and effective interventions
支柱三：確定並實施可行之有效的措施

Most importantly, the society in which older people live must value them and be willing to allocate resources to the maintenance of their health and well-being.
最重要的是，社會必須重視年長者，並願意撥出資源來維持他們的健康和福祉。

Falling is a serious health risk that is multifactorial.
跌倒是一個嚴重的健康風險，是多因素的。

Once the seniors understand the components, they can take control and significantly decrease their chances of falling.
一旦長者理解這些元素，他們就可以控制並能夠顯著減少跌倒的機會。

-End of Chapter 4-
-第四章 完結-