

Falls

Older people are much more likely to experience serious injury and death from falls.

As we get older there are a range of factors that increase the risk of falling, such as loss of muscle strength and the side effects of medicines.

What can you do?

- Exercise regularly
- Check eyes and hearing
- Look after feet
- Manage medicines
- Keep bones healthy
- Check for hazards
- Tackle the fear of falling

Age UK has a useful guide 'Staying Steady' which you can download from their website: www.ageuk.org.uk



Sepsis

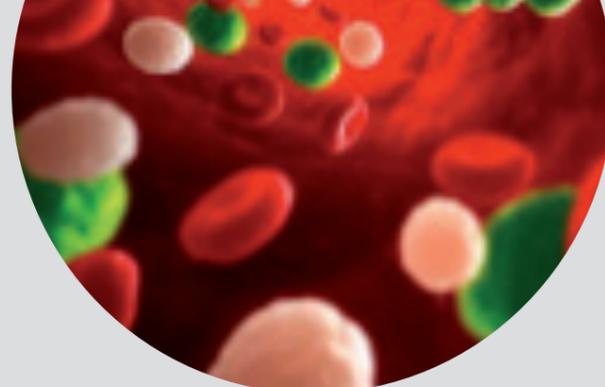
Sepsis is difficult to diagnose because it is a rare and serious condition. It can develop very quickly, but can look just like many common minor illnesses. It can look just like flu, gastroenteritis or a chest infection.

What can you do?

If you are ill and also have one or more of these symptoms, then contact a doctor so that Sepsis can be considered:

- Slurred speech
- Extreme shivering or muscle pain
- Passing no urine (in a day)
- Severe breathlessness
- "I feel like I might die"
- Skin mottled or discoloured

For more information visit the Sepsis Trust website: www.sepsistrust.org



Information

The NHS is a network of thousands of different services, departments and organisations. It employs over 1.3 million people.

Breakdown in communication is one of the biggest risks to patient safety. This can happen for a range of reasons including technical, system and human errors.

What can you do?

When you move between health and care services make sure:

- You have an accurate up-to-date list of medicines. Give this information to all services involved in your care, so they know right away what medicines you are taking
- You are given information about what will happen next and when, and who to contact if you have any questions
- When leaving hospital you are given a written summary to share with others involved in your care



How to make sure your healthcare is safe



Sign up to
SAFETY

The NHS in Somerset is supporting the Sign up to Safety campaign.

This is a national scheme to make health services safer. But we also need your help to keep you safe and reduce harm.

This leaflet contains advice to help you and your family stay safe and well.

You can also find lots of useful information about health conditions and treatments on the NHS Choices website: www.nhs.uk

Pressure Ulcers

If you have reduced mobility you are likely to be at risk of developing pressure ulcers.

What can you do?

- Try to keep moving and change position regularly when sitting and in bed
- Look out for red patches on pressure areas. These are where bones are close to the skin and take the body's weight such as hips, bottom or heels. It can also be where living aids and equipment might press and rub



Find out more by reading the 'Pressure Ulcers' leaflet on the Somerset Clinical Commissioning Group website:

www.somersetccg.nhs.uk/publications/patient-information

Kidney Injury

THINK KIDNEYS

Acute kidney injury is damage to the kidneys that causes them to stop working properly. If not spotted in time it can lead to irreversible injury which could ultimately be fatal.

Are you dehydrated? check your urine



What can you do?

- If you are feeling unwell drink plenty of water every day – it's good for your kidneys
- Watch out for signs of dehydration, such as confusion, vomiting, diarrhoea, fever, sweats and shaking
- If you, or someone you care for, are unwell and not producing much urine, contact a doctor urgently

Be especially cautious if taking medicines which make the development of kidney disease more likely. Your doctor may give you advice to follow the 'sick day rules'. Find out more on the 'Think Kidneys' website: www.thinkkidneys.nhs.uk/aki

Medication Safety

To get the best results from your medicines and to keep safe, follow this advice:

What can you do?

- Keep a record of all the medicines you are taking
- Know why you need each medicine and what the benefits are for you
- If you do not understand the information, ask you pharmacist, doctor or nurse
- Read information leaflets for any special instructions or side effects, and what to do if you have any side effects
- Make sure any professional who treats you knows about the medicines you are already taking, and if you have an allergy
- If someone you care for cannot understand and manage their medicines, make sure someone is helping them

Find out more information on the NHS Choices website:

www.nhs.uk/Livewell/Pharmacy/Pages/Yourmedicinesquestions.aspx

