

## 預防藥物相關之跌倒

### Prevention of medication-related falls

容易導致跌倒風險的藥物：

#### Fall risk- increasing medications:

利尿劑、麻醉止痛劑、緩瀉劑、鎮靜安眠藥、降血壓藥、降血糖藥、抗組織胺、肌肉鬆弛劑、抗憂鬱劑等等；因藥物作用所引起的跌倒最常發生在剛開始使用藥物時，或調整藥物劑量時。

Diuretics, narcotics, laxatives, sedatives and hypnotics, antihypertensive agents, hypoglycemic agents, antihistamines, muscle relaxants, antidepressants, etc. Medication-related falls happen most often at the beginning of taking a medication, or in the adjustment phase of medication dose.

預防措施：

#### Interventions for fall prevention

1. 了解自己吃的藥物的作用和劑量，並依照醫師指示服藥；勿自行調整用藥劑量  
Know what medications you are taking and the dosage, and take medications as prescribed. Do not change your dose without talking to your doctor.
2. 服用新開立的藥物前，要閱讀藥袋上的藥物資訊，並留意可能發生的副作用  
Read the label on new medications and be aware of possible side effects.
3. 服藥時請搭配開水服用，勿搭配茶類、咖啡或其他飲品一起服用，避免交互作用的發生  
Take medications with water. Do not take medications with tea, coffee,

or other drinks in order to avoid drug interactions.

4. 照明要充足，設置夜燈，避免視線不良發生跌倒狀況  
Keep well lit and install night light to avoid poor eyesight and falls.
5. 地面不要有障礙物，尤其是進出廁所或是出入大門的門檻  
Keep the floor clear of obstacles, especially the paths to bathroom and entrance.
6. 必要時使用拐杖、助行器或輪椅步行，以增加安全性  
Consider using a cane, walker or wheelchair if needed to keep you steady and safe.
7. 應穿防滑鞋，不可以打赤腳或穿平滑的鞋底、高跟鞋底，避免滑倒  
Wear non-slip shoes. To prevent slipping and falling, do not walk barefoot or wear shoes with slippery soles or high heels.
8. 下床或是起身等容易跌倒的動作，盡量放慢速度；起身時，要稍微站一下等確定穩了再開始行走  
Slow down while making movements that may be more likely to cause falls like getting out of bed, getting up from sitting, etc. After getting up, stand for a moment and be sure that the body balance is steady before walking.
9. 睡覺前請先上廁所，減少夜間起床如廁而增加跌倒風險  
Go to the toilet before going to bed to prevent falling by getting up less frequently in the midnight.



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本單無法詳載所有資訊，有任何問題時請電：

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