

Teaching elderly patients to get on and off the floor Pathway  
What to do if unable to get up from floor

<b>Owner:</b>	Benjamin Thomas Physiotherapy and Orthotics Manager
<b>Approved by</b>	Therapies Clinical Governance Group
<b>Approval Date</b>	5 <sup>th</sup> March 2020
<b>Extension approved:</b>	23 <sup>rd</sup> June 2023
<b>Review Date</b>	30 <sup>th</sup> September 2023 This is the most current document and should be used until a revised version is in place

**Key Amendments**

<b>Date</b>	<b>Amendments</b>	<b>Approved by:</b>
25 <sup>th</sup> January 2023	Document extended to 30 <sup>th</sup> June 2023 whilst under review.	Dr J Trevelyan/ Benjamin Thomas
23 <sup>rd</sup> June 2023	Document extended for another 3 months whilst under review.	Benjamin Thomas

- If unable to get off the floor, assess ability to shuffle on bottom to a pull cord or phone. Warn about dangers of carpet burns.

**Discuss the following plan:**

**1. Attract attention**

- Use call alarm
- Try to shuffle to the phone
- Bang on wall / floor – use stick
- Shout for help

**2. Keep warm**

- To prevent hypothermia use suitable covering such as bedding, coat tablecloth or towels.

**3. Keep moving**

To help relieve pressure areas and increase circulation.

**4. Bladder control.**

If bladder 'lets go' whilst on floor move away from damp area

**Promote use of a Pendant alarm**