

Ghar Mein Fall- Proofing, Buzurgo Ke Liye

Bathroom se lighting tak – chhote badlaav jo bade fracture se bacha sakte hain

Ghar wahi jagah hai jahan hum sabse zyada safe feel karte hain – lekin buzurgo ke liye ghar hi sabse zyada fall ka risk bhi rakhta hai. Ek chhota sa slip, ek dark corridor, ek stool par chadhna – aur baat fracture tak pahunch sakti hai. Achi baat yeh hai ki falls ke risk ko kai tarah se kam kiya ja sakta hai, bas kuch simple changes ki zaroorat hoti hai. Yeh guide aapko batayegi kahan dhyan dena hai.

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■ **Pehla Fracture Rokna Sabse Zaroori Hai**

Buzurgo mein bones pehle se hi thodi weak ho sakti hain, aur ek fall se hip ya wrist jaisa fracture ho sakta hai. Fracture ke baad recovery mein time lagta hai, mobility temporarily affect hoti hai, aur family ki daily routine bhi disturb hoti hai. Isse bhi important baat – jinka ek fall ho chuka hota hai, unmein dobara fall hone ka chance rehta hai, kyunki confidence kam ho jata hai aur balance bhi weak reh jata hai. Isliye poora focus 'pehla fracture kabhi hone hi na de' par hona chahiye, na ki fracture hone ke baad manage karna. Prevention hamesha treatment se aasan hota hai.

■ **Bathroom Ko Safe Banaye**

Bathroom sabse zyada risky jagah hoti hai kyunki floor wet aur slippery rehta hai. Toilet ke paas aur shower area mein grab bars lagwaye – yeh wall se solidly fix hone chahiye, sirf suction-cup wale temporary bars par depend na karein. Floor par anti-skid mats ya anti-skid tiles use karein, especially bathing area mein. Soap ka bar seedha floor par na rakhein, ek holder use karein taki woh gire na. Agar khade hokar nahana mushkil ho raha hai, toh ek plastic bath stool rakhein taki baithkar nahaya ja sake. Bathing ke baad floor turant sukha lein.

- Toilet aur shower ke paas wall-mounted grab bars
- Floor par anti-skid mat ya anti-skid tiles
- Soap holder – bar seedha floor par na rahe
- Zaroorat ho toh bath stool ka use karein
- Bathroom ka darwaza andar se lock na ho toh better – emergency mein family jaldi pahunch sake

■ **Stool Ya Ladder Par Kabhi Na Chadhein**

Ghar mein high shelf ya top cupboard tak pahunchne ke liye stool, chair ya ladder use karna buzurgo ke liye ek common aur asaani se avoid ho sakne wala fall ka karan hai. Balance already thoda kam hota hai, aur height par se fall hone se serious injury ho sakti hai. Simple rule yeh hai – agar cheez haath se na pahunchke, toh khud chadhkar lene ki koshish na karein, kisi younger family member ko bulayein. Rozana use hone wali cheezein (dawaiyan, kapde, kitchen ka saaman) hamesha eye-level ya waist-level shelf par rakhein, taki upar chadhne ki zaroorat hi na pade.

■ **Low Sofa Aur Uthne Ka Sahi Tareeka**

Bahut low ya deep sofa mein baithna aasan lagta hai, lekin usse uthna mushkil hota hai – aur uthte waqt hi zyada falls hote hain. Firm seat aur solid armrests wali chair ya sofa better hota hai. Agar existing sofa low hai, toh ek firm cushion add karke seat height thodi badhayi ja sakti hai. Uthne ka safe tareeka bhi sikhayein – pehle seat ke edge tak aage sarkein, dono haath armrest ya knees par rakhkar dheere se push karke uthen, achanak jhatka dekar ya twist karke na uthen.

■ **Lighting Ka Dhyan Rakhein**

Andhere mein raat ko bathroom jaana falls ka ek common reason hai. Bedroom se bathroom tak ka raasta achi tarah lit hona chahiye – night lamp ya motion-sensor light lagwayein. Bed ke paas hi light switch ho, taki uthkar switch dhundhne na jaana pade. Staircase aur corridor bhi hamesha well-lit rakhein, aur switches step ke shuru aur end dono jagah hone chahiye.

■ **Footwear Bhi Utna Hi Important Hai**

Ghar ke andar loose chappal, dheeli slippers ya sirf socks pehankar smooth tile floor par chalna slip ka risk badhata hai. Achi tarah fit hone wale, non-slip sole wale footwear use karein – na zyada tight, na loose. Barefoot chalna bhi ideally avoid karein, especially bathroom ke aas-paas.

■ **Dawaiyan Bhi Doctor Se Review Karwaye**

Kuch common medicines – jaise BP control karne wali, sedatives, sleep ki dawaiyan, ya kuch diabetes medicines – dizziness, low blood pressure ya drowsiness cause kar sakti hain, jisse fall risk badh jata hai. Apne family doctor ya treating physician se regularly saari current medicines review karwayein, especially agar recently koi naya dizziness ya unsteadiness feel ho raha ho. Khud se koi bhi medicine start, stop ya dose change kabhi na karein – yeh doctor ki guidance mein hi hona chahiye.

Turant doctor se milein agar —

- Fall ke baad hip, thigh ya kamar mein tez dard aur chalne mein asamarthata
- Fall wali jagah par visible swelling, deformity ya normal se different shape
- Fall ke baad khada hone ya weight daalne mein poori tarah asamarthata
- Sar par chot lagne ke baad confusion, ulti, ya behoshi
- Fall ke baad dard jo ghante beetne par bhi kam nahi ho raha

Apne surgeon se ye poochhein

1. Mere family member ki condition dekhte hue kaunsi home-safety changes sabse zaroori hain?
2. Kya unki current medicines unka fall risk badha rahi hain?
3. Kya bone density ya osteoporosis check karwane ki zaroorat hai?
4. Agar pehle bhi ek fall ho chuka hai, toh ab hum kya extra precautions lein?
5. Walking stick ya walker jaisa support kab aur kaise introduce karein?
6. Kya online consultation se shuruaat ki ja sakti hai, ya pehle physical examination zaroori hai?

DM 89808 22922 — second opinion · appointment (clinic ya online)

Prish Hospital, Vesu – 12-2pm · Mahavir Hospital, Athwa Gate – 4-6pm

Yeh guide sirf general patient-education ke liye hai – yeh kisi bhi tarah se diagnosis, treatment ya cure ka substitute nahi hai. Har insaan ki health condition, medicines aur ghar ka structure alag hota hai, isliye apne ya apne family member ke liye koi bhi badlaav karne se pehle ek qualified orthopaedic surgeon se milkar unki case-specific advice zaroor lein. Online consultation sirf guidance ke liye hai aur physical examination ka poora substitute nahi hai – emergency ya severe symptoms mein turant nearest hospital jayein. Is guide mein koi outcome guarantee ya success percentage nahi diya gaya hai, kyunki har case alag response deta hai.

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Sources – AGS/BGS Clinical Practice Guideline for Prevention of Falls in Older Persons · NICE CG161 – Falls in older people: assessing risk and prevention · Clemson L, et al. Environmental interventions for preventing falls in older people living in the community. Cochrane Database Syst Rev 2023, CD013258.pub2 · Gillespie LD, et al. Interventions for preventing falls in older people living in the community. Cochrane Database Syst Rev, CD007146 · Menant JC, et al. Optimizing footwear for older people at risk of falls. J Rehabil Res Dev. 2008 · AGS Beers Criteria for Potentially Inappropriate Medication Use in Older Adults · CDC STEADI initiative materials