



Introducing Health Sciences : Trauma, Repair and Recovery

Falling: Mary's Story

Woman

The last fall I had I got out of bed in the morning, just got out and went to go to the commode, and all I know is I was flying across the floor of my bedroom sideways, hit my head on the cupboard that was there, and that knocked me senseless for a while, and then I tried to get up which I find if I fall I can't get up, I hardly, I have to cling to something, and I was there for two, I clinged (sic) to the bed first, then the cupboard, then I got the handle of the door and got up by that, so I crawled on here and rang my granddaughter, and she rang the ambulance straight away. I was badly hurt on my left side and they came, and they examined me in here, the ambulance, a woman and a man, and they said we'll have to take you to hospital, but even then I was kind of, what would I say, not unconscious but I wasn't with them, so they took me in and then I think I had a bit of mild concussion anyway because I banged, all the side of my head was black and blue, all the side, all the left. And the worst was the top of my shoulder; I couldn't lie on that side at all. I was, I couldn't sleep in the bed somehow so they let me sleep in the chair sitting up, you know the armchair that's at the side of the bed, and the nurse was very kind there because she made sure I was comfortable in that chair, and I slept well on the chair... but the tablets they were giving me then were very strong so they had to keep waking me up every few minutes, you know, to make sure I was alright.