



Medical Protocol and Procedure Falls Management and Prevention

Policy

Falls prevention and management program will assist individuals with moderate to high risk for falls and individuals who have recurrent falls. Nursing will assess the individual's environment and mobility deficits to ensure the safest environment to prevent or decrease falls and/or risk associated with falls when requested by program manager or provider.

Procedure

1. Identify individual at risk for falls by identification for needs related to falls by referrals of direct care staff, providers, or program managers to skilled nursing.
2. Initiate preventative approaches following assessment of individual's environmental factors using Check for Safety assessment tool and consider caregiver abilities in the home, mobility deficits or comorbidities that may affect falls risk and home environment.
3. Provide appropriate strategies and interventions directed to individuals, environmental factors and direct care staff. Refer to physical therapy and/or occupational therapy as appropriate prior to initiating skilled nursing services.
4. Provide learning opportunities for individual, responsible parties, and direct care staff to prevent and respond to falls events.
 1. Monitor and evaluate resident outcomes and revise plan as needed for the individual's needs.
 2. Coordinates with facility equipment experts to ensure that equipment on the unit is working properly and receiving scheduled maintenance.
 3. Recognize and reports individual verbalizations and behaviors indicative of discomfort which may potentially lead to falls.
 4. Advises staff on transferring techniques.
 5. Assesses and recommends assistive equipment, such as wheelchairs, walkers and canes.
 6. Reviews medications and supplements. Makes recommendations to Physicians if a drug interaction or medication level increases the likelihood of falls.

Right After A Fall

1. Take several deep breaths to try to relax before responding to your individual to decrease their anxiety.



2. Have them remain still on the floor or ground for a few moments. This will help to get over the shock of falling.
3. Decide if they are hurt before getting up. Getting up too quickly or in the wrong way could make an injury worse. If there is pain in a joint or limb OR their limb looks different than prior to fall, DO NOT get them up. Dial 911 and obtain emergency help keeping them calm and comfortable on the floor until emergency services arrive.
4. If head injury is suspected, call 911 to obtain medical evaluation keeping them calm and comfortable on the floor until emergency services arrive.

Getting Up From a Fall

1. Assist individual by verbal or hands on prompts to perform following task:
 1. If you think you can get the individual up safely without help, roll them over onto their side.
 2. Allow them to rest again while their body and blood pressure adjust. Slowly get up on their hands and knees, and crawl to a sturdy chair.
 3. Put their hands on the chair seat and slide one foot forward so that it is flat on the floor. Keep the other leg bent so the knee is on the floor.
 4. From this kneeling position, slowly rise and turn their body to sit in the chair.
2. Whenever possible, use 2 people with assisting individual off of the floor. If you are unable to lift them to a sturdy chair safely by yourself due to size or mobility of your individual, call 911 for assistance from emergency services.

If you're hurt or can't get up on your own, ask someone for help or call 911.

Following the fall

1. Notify primary care physician.
2. Notify Supervisor
3. Notify responsible party
4. Write down when, where, and how the fall occurred on an incident report form. Provide all information requested on form. Be sure to include events, behaviors, or conditions immediately preceding the fall.
5. Refer to skilled nursing for falls evaluation and recommendations.