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

Individual Caregiver

1. If individual is identified as a fall risk during annual reviews, use Check for Safety form to ensure that environment has been reviewed for identified fall hazards and correct hazards to decrease risk for falls.
2. Identify behavior risk in the individual that may include excitability or being impulsive.
3. Report any concerns to physician or nursing staff if you note dizziness, swaying, or a change in the way the individual walks.
4. Ensure assistive devices are free of defect and are used as directed by physician or therapists.
5. Ensure safety bars and installed safety equipment is secure.
6. If numerous falls occur, refer to nursing to evaluate the individual and home for possible interventions to increase safety and decrease risk for falls.

Nursing

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 individual’s 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, if warranted.
4. Provide learning opportunities for individual, responsible parties, and direct care staff to prevent and respond to falls events.
   1. Monitor and evaluate individual outcomes and revise plan as needed for the individual’s needs.
   2. Coordinates with facility equipment experts to ensure that equipment in the home is working properly and receiving scheduled maintenance.
   3. Recognize and reports individual verbalizations and behaviors indicative of discomfort which may potentially lead to falls.
5. Advises caregivers on transferring techniques, if applicable.
6. Assesses and recommends assistive equipment, such as wheelchairs,
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 they hit their head during a fall or if the fall is unwitnessed, DO NOT get them up. Dial 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 are hurt assisting individual or can't get up on your own, ask someone for help or call 911.

**Following the fall**

1. Notify on-call supervisor if applicable.
2. Notify on-call manager if applicable.
3. Notify primary physician. (will call 911 if injury is suspected)
4. Notify responsible party
5. 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. Start Supervisor check off form in on-call book if applicable.

6. Submit Incident report immediately to direct supervisor