



FALLS: WHERE, WHAT AND HOW

Front Line Staff

Where ...DO YOU FIT IN FALL PREVENTION?

As a front line provider you are an important part of the fall management team. You interact with residents more often than anyone on the care team and are often in a position to see things that others may not. The relationship you build with residents allows you to understand their needs and see the small changes that could lead to unsafe situations. In many cases, your observations lead to preventing an accident before it has a chance to happen. When accidents do happen, it is often the information that you bring to the table that will help others understand what led to the fall and how it can be prevented in the future. It is your relationship with the resident and your dedication to the resident's safety that plays a huge part in preventing accidents.

What ...THINGS SHOULD YOU REPORT?

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| 1. Physical changes <ul style="list-style-type: none">• Increased pain or discomfort• Change in mobility• Change in continence• Change in appetite | 3. Equipment needs <ul style="list-style-type: none">• Walker, wheelchair, bedrails, reachers, raised toilet seats• Personal items: glasses, dentures, phone |
| 2. Behavioral changes <ul style="list-style-type: none">• Increased restlessness/agitation• Increased lethargy, sleeping more• Seems more sad• Less involved in activities | 4. Environmental needs <ul style="list-style-type: none">• Lightbulbs• Cracks in tile, tears in carpet• Loose railings |

How ...CAN YOU MAKE A DIFFERENCE?

1. Know your residents' safety care plan.
2. Participate in suggesting safety interventions.
3. Understand your resident and what he or she needs.
4. Look at everything with an eye toward safety.
5. Keep lines of communication open.
6. Know where to make safety-related care plan suggestions.
7. Know who to report equipment issues to.

KNOWLEDGE CHECK

- ✓ **What is your role in preventing falls?**
- ✓ **List 2 physical changes that would need reported.**
- ✓ **List 1 behavioral change that could lead to increased fall risk.**
- ✓ **What can you do to get involved?**
- ✓ **Who is the Safety leader in your facility?**

For more information, and to find a library of free resources, please visit us at www.qualityinsights-qin.org.