



Fall Prevention

Certified Nursing Assistant Section
Chat - January 17

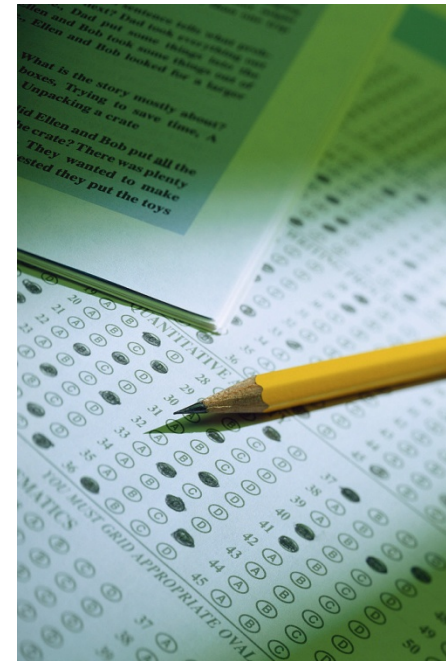
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Objectives

- Recognize risk factors both inside and outside patient's home/residence
- Describe how to reduce patient falls
- Identify what to observe, record and report regarding fall risk factors
- Improve ability to communicate fall risk concerns with patients and families

Pre Test

- Answer to the best of your ability
- Don't discuss with others
- We will review at the end of the session



Fall Prevention Pre Test

- 1. As people get older, they are certain to fall at some point.
 - True False
- 2. The majority of falls *resulting in death* for elders happen inside the home.
 - True False
- 3. Returning home after a stay in the hospital or long term care facility can increase the risk of falling.
 - True False
- 4. You will *always* see signs of traumatic brain injury (TBI) right after a fall.
 - True False
- 5. After a fall, it is important to get up quickly.
 - True False

Why is preventing falls important?

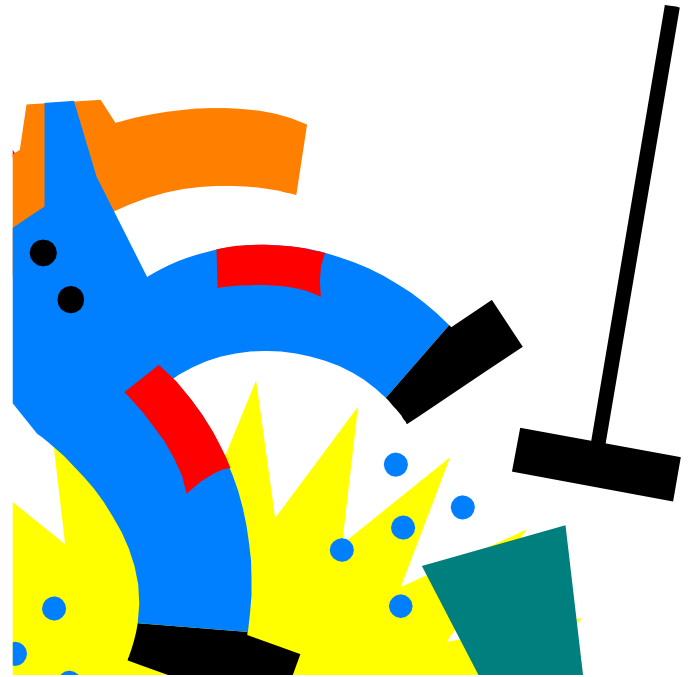
- One out of three older adults fall each year in the US
- Every 18 seconds, an elder is treated in the ER for a fall
- Every 35 seconds, an elder dies as a result of falling
- Nearly 60% of fatal falls occur at home
- The older the patient, the more serious the injuries from falls

Falling is NOT inevitable

- Identify risk factors
- Use knowledge and skill that you already have:
 - Body Mechanics
 - Safe Transfer Techniques
 - Home Safety
 - Observing, recording, reporting behavior and physical condition changes

Have you had a patient that fell?

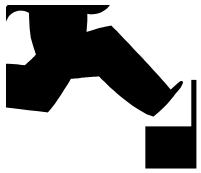
- Where did it happen?
- What was the patient trying to do when they fell?
- Did they suffer any injuries?
- What change in behavior or attitude did you notice after the fall?



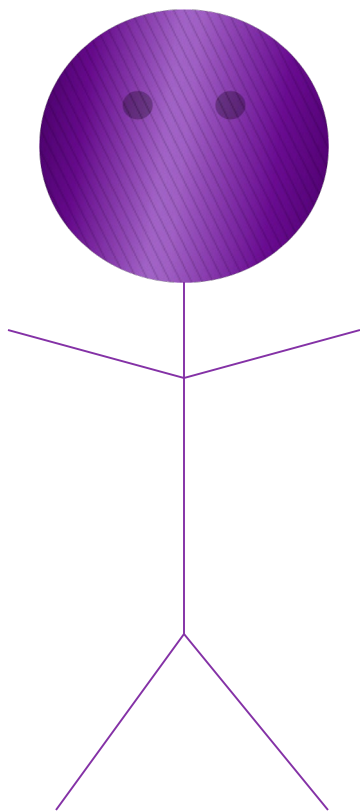
Six common risk factors

- Facility Safety
- Physical Mobility
- Medications Management
- Transitioning home from hospital/NH/Care Center
- Fear of Falling
- Outside Safety Factors

What are Safety Risk Factors?



Physical Mobility



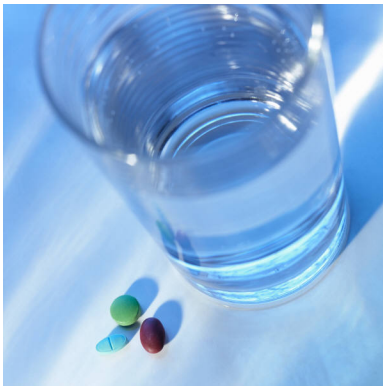
Reducing Physical Mobility Risks

- Muscle weakness
- Balance and gait
- Vision problems
- Dizziness
- Foot problems



Managing Medications

- What is the Aide's role in assisting with medications?
- What does a Aide observe, record and report when assisting with medications?



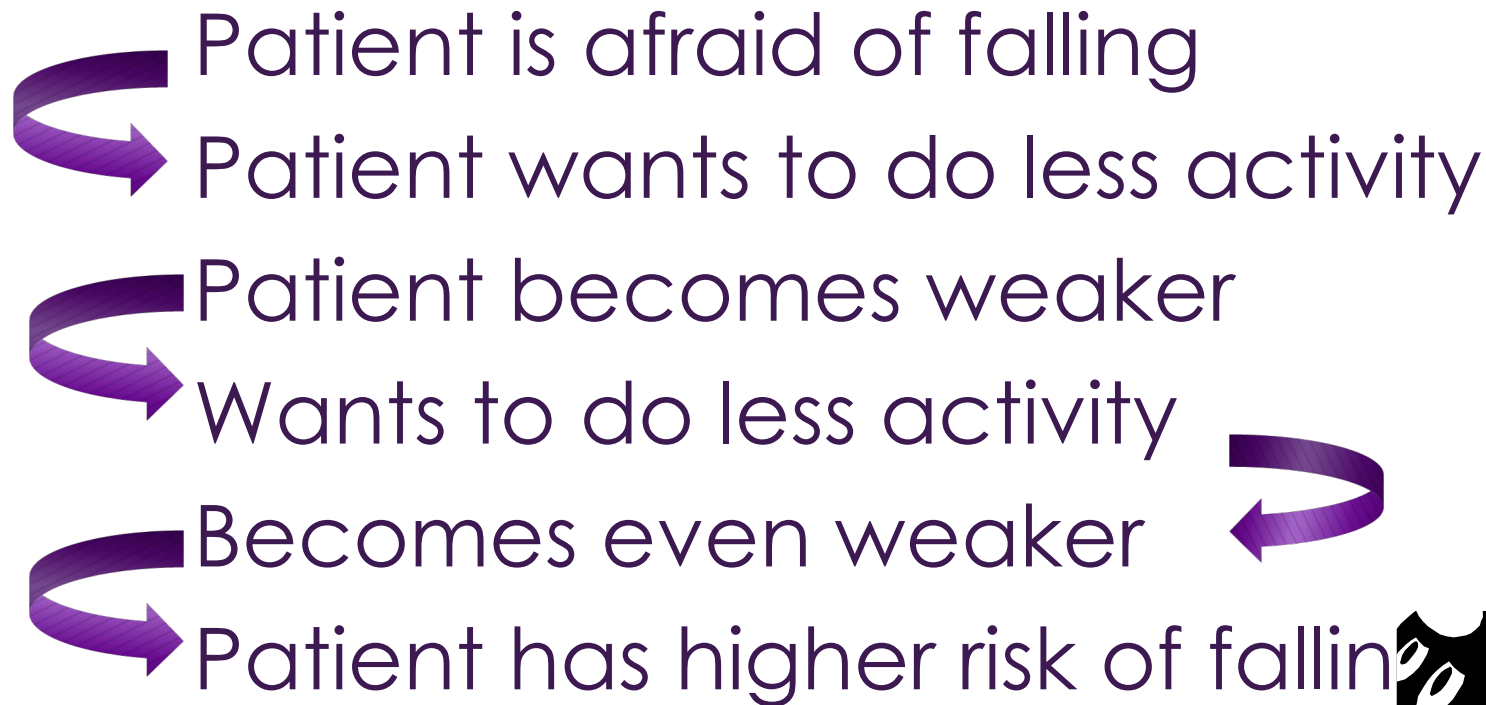
Transitions from hospital, facility, care centers

- Why is this a risk factor?
 - Physical Mobility
 - Medication Management
 - Facility Safety
- How can you help decrease the risks?



Fear of Falling

- Why is this a risk factor?



Breaking the Cycle

- Encourage patient to be active
- Identify activities and safety measures
- Do a safety check
- Clean glasses
- Use adaptive equipment correctly
- Review medications
- ORR signs of increasing weakness, lack of balance

Falls outside the facility



Preventing fall outside the facility

- When leaving, should have...
- Elevators
- Escalators
- Changes in lighting
- Floors
- Sidewalks
- Parking lots

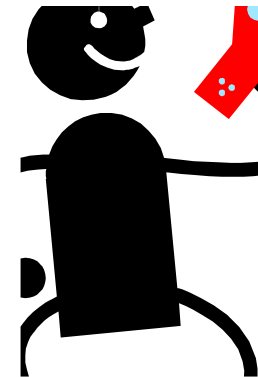
Traumatic Brain Injury

- What is it?
- Falls are the leading cause of TBI
- Signs of TBI may not appear for days or weeks after a fall



Fall Prevention

- Observe
- Record
- Report



Case Studies

- You assist Ms. Church each week with a shower. She recently grabbed hold of the doorway when trying to get in the shower and seemed unsteady.
- What have you observed?
- What would you report and to whom?

Case Studies

- Mr. Zabbar was just discharged from the hospital to your facility. As you assist him getting out of bed to his wheelchair, he moans and clutches his stomach.
- What have you observed?
- What would you report and to whom?

Case Studies

- Ms. Wright had a fall last week and sprained her ankle. She was given a walker, but does not use it in her room.
- What have you observed?
- What would you report and to whom?

Case Studies

- Mr. Ramos fell and bumped his head two weeks ago. He said he was fine at the time it occurred. Today you notice that he seems confused and has not eaten anything.
- What have you observed?
- What would you report and to whom?

Case Studies

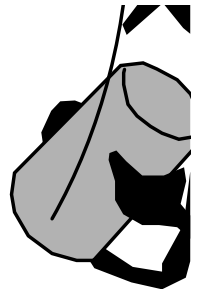
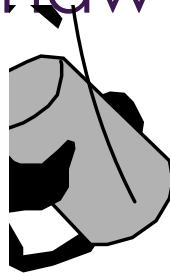
- Your facility recently adopted a cat that wanders through the facility and likes to stay in Ms. Walker's room. The cat likes to rub against her legs.
- What have you observed?
- What would you report and to whom?

Case Studies

- Ms. Yolanda fell in the shower a few weeks ago. She has not been as active since the fall, staying mainly in her room. She now refuses to take a shower.
- What have you observed?
- What would you report and to whom?

Communication

- “The single biggest problem in **communication** is **the illusion that it has taken place.**”
 - George Bernard Shaw
 - Volunteer?



Communication

- Closed questions-yes or no answers, one word answers
- Open-ended questions-allows more information
 - Help you get the story behind a situation
 - Help you find out thoughts and feelings
 - Keep the conversation going

Case Studies-Fear of falling?

- Ms. Yolanda fell in the shower a few weeks ago. She has not been as active since the fall, staying mainly in her room. She now refuses to take a shower.
- What open-ended questions could you ask

How you can help your patients

- Falls are preventable
- Problem solve to make changes in the facility
- Use communication, asking open-ended questions
- Help patient be realistic about their health and risk of falling
- Help patient to set realistic goals
- Assist and support patient to reach goals

To decrease injury

- Try to fall on buttocks or duck and roll
- Remain calm
- Check for signs of bleeding, pain or injury
- If bleeding or severe pain:
 - Move as little as possible, call 911
- If no bleeding or severe pain:
 - Roll over, crawl to strong piece of furniture, put both hands on the seat, slowly rise, bend the stronger knee, keep other knee on the floor, slowly twist around and sit in chair

Fall Prevention

- Aides can play a big role in fall prevention
- Your observations, records and reporting could be the difference between a patient falling with injuries or not



Fall Prevention Post Test

- 1. As people get older, they are certain to fall at some point.
 - True **False**
- 2. The majority of falls *resulting in death* for elders happen inside the home.
 - **True** False
- 3. Returning home after a stay in the hospital or long term care facility can increase the risk of falling.
 - **True** False
- 4. You will *always* see signs of traumatic brain injury (TBI) right after a fall.
 - True **False**
- 5. After a fall, it is important to get up quickly.
 - True **False**

References

- Department of Labor, The National Council on Aging, PHI, 2010, Fall Prevention Awareness Course: Enhanced Training for Home Health Aides
- Met Life and CDC, 2005, Check for Safety
- Minnesota Falls Prevention, 2008, Know your medication
- CDC, 2008, Prevent Brain Injury
- Met Life and CDC, 2005, What you can do to prevent falls