Fall Risk Assessment

Education Objectives

- Describe the fall risk assessment.
- Describe the importance of risk assessments.
- Define which factors place patients at a higher risk for falling.
- Review when and how often to complete fall risk assessments.
- Discuss next steps once fall risk assessment is complete.
- Case study reviewing the use of fall risk assessments.

Presentation Content

Fall Risk Assessment
- Definition
- Purpose
- Examples

Patients at Higher Risk of Falling
- Demographics and fall history (such as patient’s age).
- Diagnosis or medical conditions (such as cognitive impairment and balance issues).
- Medication associated factors.
- Environmental and other factors (such as proximity of call bell and assistive devices).

Frequency of Fall Risk Assessments
- Timing of initial assessment.
- Timing of reassessments and reasoning.

Post-Fall Risk Assessment
- Next steps after a fall risk assessment has been completed.

Case Study
Fall Prevention Education Series: Content Summary

**Fall Prevention Interventions**

**Education Objectives**

- Describe evidence-based interventions to prevent falls.
- Define why each intervention is important and why it works.
- Discuss importance of patient and family engagement.
- Defining culture and relation to fall prevention.
- Front-line staff engagement and safety culture to prevent falls.
- Case study reviewing interventions.

**Presentation Content**

**Evidenced-Based Interventions to Prevent Falls**

- Completion of the fall risk assessment.
- Incorporating individualized patient care plans.
- Including hourly and frequent rounding in care plan.
- Initiating *Within Arm’s Reach* during toileting.
- Utilizing bedside shift report every shift to report risk and risk of injury.
- Including high risk patient in department shift huddles.
- Discuss a No Pass Zone culture.
- Incorporate multi-disciplinary rounding.
- Patient room Communication Board (aka patient white board).
- Notification devices (such as yellow socks or gowns, room or door signage, armband, chart identification, communication board, and EMR notification).
- Routine environmental rounds to identify potential risks.

**Patient and Family Engagement**

- Involving the patient and family in prevention.
- Education is important for the patient and family.

**Developing a Culture of Fall Prevention**

- Define culture and front-line engagement.
- Examples of teamwork, responsibility, focused unit-based committees/champions.

**Case Study**
Fall Prevention Education Series: Content Summary

**Post-Fall Huddle and Data Analysis**

**Education Objectives**

- Define post-fall huddle and why it is important.
- Identify important components for a post-fall huddle.
- Identify when a post-fall huddle should be done and why.
- Define data points to be used immediately for safety.
- Define data points that can be used for trends.
- Explain why data analysis important to reduce falls.
- Give examples of how data analysis can change practice.
- Case study.

**Presentation Content**

**Post – Fall Huddle Definition**

- Definition of the post-fall huddle – what, who, when, where, how.
- Review why post-fall huddles work.
- Identify key components (data) to a post-fall huddle and describe why these are important.
- Timing of post-fall huddles.

**Review of Data for Safety**

- How to bring data and safety together for process improvement.
- Describe and give examples of immediate use of data for prevention of falls.
- Describe and give examples of long-term use of data for prevention of falls.

**Data analysis**

- Describe importance of data collection and trending.
- Data is used to make a case for initiating a quality improvement efforts and monitoring progress to sustain improvements.
- Identifying fall and fall with injury trends.
- Using data to change practice and improve safety.

**Case Study**