



Falls Prevention

Medication

Ensure review if on 4 or more medications. Have medications recently been changed?

Observational Rounds

Check residents position for comfort, personal needs, need for pain relief, everything within easy reach (especially Call Bell and check it is working)

Vision/Hearing

Encourage residents to wear correct glasses for job. Ensure hearing aids are working and in place.

Documentation

Use Falls Care Plan to action

10 Key Responsibilities for Preventing Falls

Assessment

Regularly review the falls assessment. Ensure effective communication between staff

Environment

Ensure the area is clutter free and there is adequate lighting

Equipment

Assess for need for bed rails/movement sensors. Ensure bed is at lowest height and walking aids are being used correctly

Visible

Ensure resident is in an area visible to staff

Footwear/Feet

Ensure residents are wearing correctly fitting footwear. Check feet for bunions, calluses, toenail disorders

Loose/Long Clothing

Long trousers or jogging bottoms can be a trip hazard

Post Falls Care

Take residents observations, record and report

Inform resident's relatives

Identify cause of fall using Falls Analysis Form

Consider all of the above preventative measures

Complete Incident Report

Inform staff at hand over