

An Interdisciplinary Approach To Fall Prevention

Good Shepherd Villa
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WHY DO PEOPLE FALL?

- Medications: side effects, drug toxicity, drug interactions
- Medical Conditions: peripheral neuropathy, Parkinsons, dehydration, weakness, heart conditions, changes in body function ie. recent surgeries, confusion, etc.
- Environmental Condition: clutter, poor lighting, poor access to needs, too much furniture, unsafe seating, unclear pathways
- Impaired balance
- Visual Impairment: acuity, peripheral vision, color vision, light/dark, glare, figure ground, depth perception
- Improper footwear
- Poor judgement and denial of impairments
- Improper use of Equipment: wheelchairs, walkers, oxygen tubing
- Toileting needs

The Team Approach

- Nursing
- Physician
- Pharmacy
- PT/OT/ST
- Restorative Nursing
- Activity Therapy
- Chaplain
- Housekeeping/Maintenance
- Dietary
- Family

What Can The Team Do?

NURSING

- Initial Assessment-ask questions
- Daily Observation
- Ongoing assessment of medical conditions, medications, behaviors, daily patterns
- Bring in appropriate team members
- Communicate observations to physician and other team members
- Document all falls with specific information ie., did the fall occur from the bed or W/C, what do you think caused the fall, what does the resident say occurred, are they confused, what is the environment like, etc.

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CNA's

- Assign Lead CNA's
- Daily monitoring of behaviors
- Checking that safety equipment in place and functioning
- Walking rounds at change of shift
- Communicating patient needs and changes

Physician

- Assess medical condition and recent changes
- Alter or add medications as needed
- Order therapy intervention if appropriate

Pharmacist

- Review medications
- Provide suggestions for adjustment if needed

**Physical Therapy
Occupational Therapy
Speech Therapy**

- **PT**- screen for balance deficit, weakness, gait abnormalities, transfer ability, bed mobility
- **PT**- evaluate and treat as appropriate
- **OT**- screen for wheelchair seating, toileting, functional mobility, environmental needs, visual/perceptual deficits, cognitive deficits, provide safety devices PRN,etc.
- **OT**- evaluate and treat as appropriate
- **ST**- screen for recent cognitive decline
- **ST**- evaluate and treat as appropriate
- **PT/OT/ST**- establish restorative program if indicated

Restorative Nursing Activity Therapy Chaplain

- **RNA**-Provide therapy for strengthening, balance, mobility, reinforcement for use of safety equipment, check equipment function, etc.
- **Activity Therapy**- provide diversional activities, arrange daily routine, encourage participation in programs, provide 1:1 activity
- **Chaplain**- Provide spiritual support and spiritual activity, provide spiritual volunteers

Housekeeping/Maintenance

- Maintain all equipment ie. bed and W/C locks, lighting, etc.
- Keep environment free of spills
- Keep environment clutter free and keep dangerous items away from bed

Dietary

- Monitor hydration and nutrition
- Monitor seating and behavior in dining room

Family

- Provide emotional support and socialization

What is a Restraint?

Physical restraints are defined as any manual method or physical or mechanical device, material, or equipment attached or adjacent to the residents body that the individual cannot remove easily which restricts freedom of movement or normal access to ones body.

Summary

- Every individual requires a different approach
- The team approach provides that most inclusive solutions
- Fall Prevention does not need to be overwhelming or time consuming
- It is in the best interest of the resident to provide the least restrictive environment

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Environmental Adaptations to Avoid Restraints

- Wheelchair seatbelt alarm (must be able to self release)
- Seat alarm
- Bed alarm
- Room alarm
- Wheelchair cushion to improve posture and comfort
- Wheelchair lateral supports, foot pedals
- New seating system ie. tilt-in space
- Move furniture in room for safety
- Low bed
- Mat on floor
- Improve lighting
- Provide good footwear
- Check and repair brakes on bed and wheelchair
- Provide music in room
- Social visits
- Activity Therapy