

Best Practice System Summary/Technical Assistance Sheet

Fall Risk Management

FOCUS AREA: FALL RISK MANAGEMENT		
Assessment	Care Plan	Outcome
<p><u>Key Elements for Fall Risk Assessment include:</u></p> <p>Fall risk assessments completed: <input type="checkbox"/> within 24-hours of admission <input type="checkbox"/> with changes in condition <input type="checkbox"/> quarterly</p> <p>Fall risk assessment documentation includes: <input type="checkbox"/> gait and balance <input type="checkbox"/> evaluation of lower extremity strength <input type="checkbox"/> review of medication regimen, including poly-pharmacy, specific medication classes that could increase fall risk, and recent medication changes <input type="checkbox"/> orthostatic blood pressure measurements – documenting the actual values <input type="checkbox"/> environmental issues <input type="checkbox"/> underlying medical conditions – such as previous falls and chronic medical conditions</p> <p>After a fall occurs, a post-fall investigation is initiated: <input type="checkbox"/> within the 24 hours</p> <p>Post-fall documentation includes: <input type="checkbox"/> re-evaluation of gait and balance <input type="checkbox"/> re-evaluation of lower extremity weakness <input type="checkbox"/> medication regimen and changes review <input type="checkbox"/> orthostatic blood pressure measurements, with documentation of the actual values <input type="checkbox"/> intrinsic and extrinsic risk factors that may have contributed to the fall</p>	<p><u>Key Elements for Care Plans include:</u></p> <p><input type="checkbox"/> Measurable goals for fall risk and injury prevention</p> <p><input type="checkbox"/> Planned interventions that address the individualized intrinsic and extrinsic fall risk factors identified during the fall risk assessment</p> <p><input type="checkbox"/> Interventions reviewed and updated based on the findings of the reassessments and/or post-fall investigations including:</p> <ul style="list-style-type: none"> • Individualized interventions which are re-evaluated and updated to prevent or minimize the risk of falls • Individualized interventions based on causal factors and/or identified risk factors • Dates of falls and causal factors (if a fall occurred) <p><input type="checkbox"/> Interdisciplinary team (IDT) involvement in identifying individualized interventions to prevent falls</p>	<p><u>Outcomes include:</u></p> <p><input type="checkbox"/> Individualized interventions identified in the care plan are implemented</p> <p><input type="checkbox"/> Effectiveness of the individualized interventions is monitored and evaluated</p>

To submit feedback about your recent visit, please point your web browser to: <http://survey.dads.state.tx.us/Survey/qm.html>

FALL RISK MANAGEMENT PROVIDER TOOLKIT

<http://www.dads.state.tx.us/providers/qmp/evidence-based-best-practices/nursing-facilities/fall-prevention.html>

Nursing Facility Toolkit

- **American Geriatrics Society. The 2015 American Geriatrics Society Updated Beers Criteria**
<http://geriatricscareonline.org/toc/american-geriatrics-society-updated-beers-criteria-for-potentially-inappropriate-medication-use-in-older-adults/CL001>
- **Centers for Disease Control and Prevention (CDC). Preventing Falls Among Older Adults** <http://www.cdc.gov/HomeandRecreationalSafety/Falls/adultfalls.html>
- **Fall Prevention Center of Excellence** <http://stopfalls.org/>
- **National Center for Patient Safety 2004 Falls Toolkit** <http://www.patientsafety.va.gov/professionals/onthejob/falls.asp>
- **Timed Up and Go Test:** http://www.cdc.gov/homeandrecreationalafety/pdf/steady-2015.04/TUG_Test-a.pdf
- **Tinetti Assessment Tool:** <http://fallpreventiontaskforce.org/wp-content/uploads/2014/10/Tinettitool.pdf>
- **Merck Manual for Health Care Professionals**
<http://www.merckmanuals.com/professional/cardiovascular-disorders/symptoms-of-cardiovascular-disorders/orthostatic-hypotension>
http://www.merckmanuals.com/professional/geriatrics/falls_in_the_elderly/falls_in_the_elderly.html

Clinical Practice Guidelines

American Geriatrics Society/British Geriatrics Society Clinical Practice Guideline for Prevention of Falls in Older Persons (2010).

<http://geriatricscareonline.org/ProductAbstract/updated-american-geriatrics-societybritish-geriatrics-society-clinical-practice-guideline-for-prevention-of-falls-in-older-persons-and-recommendations/CL014>

American Medical Directors Association. <http://www.amda.com/tools/clinical/falls.cfm>

Registered Nurses' Association of Ontario (2005), Prevention of Falls and Fall Injuries in the Older Adult (revised). Toronto, Canada: Registered Nurses Association of Canada. Guideline Supplement May 2011. <http://www.rnao.org/Page.asp?PageID=924&ContentID=810>

Handouts

- <http://www.dads.state.tx.us/providers/qmp/docs/technicalassistancesheet.pdf>
- <http://www.dads.state.tx.us/providers/qmp/docs/measuringorthostatichypotension.pdf>
- <http://www.dads.state.tx.us/providers/qmp/docs/fall-prevention-careplanhighlights.pdf>
- <http://www.dads.state.tx.us/providers/qmp/docs/Medications.pdf>