

PREVENTING FALLS AND REDUCING INJURIES FROM FALLS

**LET'S KEEP PATIENTS SAFE: MAKE SURE WE PRACTICE
PREVENTING FALLS AND REDUCING INJURIES FROM FALLS**

*See your site/program policy, procedure or guideline

Note: Patient/Client/Resident used interchangeably



Prevent Patient Harm

Preventing patient falls and reducing injuries from falls is a safety priority. All health care workers play a part in falls prevention



Falls Prevention Strategy

Your site or program should have a falls prevention strategy in place. This strategy may be a policy, procedure, or guideline. It should promote safety for the patient group(s) in your program/site who have been identified as having a risk for falls.

Assessing the Patient's Risk for Falls

Screening & assessment tools are used to determine a patient's risk for falls. The tool used may vary by site/program/sector. Common tools include: Hendrich, Falls Risk Assessment Tool (FRAT) Client Falls Risk Screening Tool and Schmid.

Common Strategies and Interventions

- Use bed exit alarms
- Do medication reviews
- Use risk of falls signage
- Use extra lighting
- De-clutter patient areas
- Put stretcher/wheelchair /bed locks 'on' when stationary
- Orientate patient & family to surroundings
- Increase checks on patient

Communication and Documentation

- Document the patient risk & plans for prevention
- Communicate the risk to other staff
- Provide the patient & family with information
- Document the effectiveness of the plan

Check your policy, procedure or guideline for more information.

Evaluation

Sites/programs evaluate their falls prevention strategy regularly, make needed improvements & keep staff members informed of changes.

Need more information?

Contact your coordinator /supervisor /manager or quality safety lead.