

Talahi is taking action to prevent falls!

**Watch out for falling leaves!**

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What is fall prevention?

Fall prevention is primarily being aware that falls are a problem, acknowledgment that many falls can be prevented and understanding the risk factors.

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How do we become proactive?

For a fall prevention program to be successful, responsibility must be shared throughout the **entire facility.**

Each staff member must understand their role in reducing falls.

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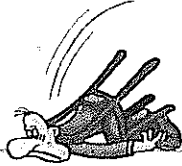
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## Ouch!

- 42% of our residents fell from Jan 1<sup>st</sup> through March 15<sup>th</sup> of this year.
- 11 residents fell more than once.
- 68 of the falls occurred in resident rooms or bathrooms



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## What makes a person at risk of falling?

- Vision impairment
- Cognitive Impairment
- Low blood pressure
- Diabetes
- Medication side effects
- Foot problems
- Poor Grip strength
- Muscle inactivity
- Multiple chronic illnesses

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## Environmental causes

- Rearranging furniture  
Example: Rosewood lounge
- Poor, glare or inconsistent lighting
- Cluttered floors
- Items out of reach
- No way to communicate, (not having call light within reach)
- Excessive noise/ environmental stressors  
ex. roommate, loud staff communication in halls, music, movies
- Wet slippery floors.
- Blocking handrails on more than one side of the hall.
- Any others?

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# FALLING LEAVES PROGRAM



WHAT IS THIS PROGRAM AND  
HOW WILL IT EFFECT MY JOB?

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This program is designed to prevent a person from falling and to make staff, family and volunteers AWARE of a person who is a fall risk.

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## Now what?

Admission  
Rating Scale - risks  
(age, falls history, cognitive status, vision, incontinence)  
Leaf Identification  
Implementation of Interventions  
Reassess

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## Basic preventions for all residents

- Call light within reach
- Make sure they know how to use call light
- Orientation to room/ bathroom
- Toilet per care plan
- Every hour visual observation, "life checks"
- Keeping floors clean of clutter or pick things up that they would potentially reach for such as pieces of paper or tissues.
- Do they have enough lightening in room?
  
- Finally before you leave the room, ask if there is anything else they need. **MAKE SURE ALARM DEVICES ARE WORKING PROPERLY AND APPLIED APPROPRIATELY**
- Glasses, hearing aids, and objects of frequent use ( water, tissues etc.)

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## What have you learned?

Share one thing that you learned through attending this in service.

Thank you for your attendance today!

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## Leaf Identification



- Green Leaf- Resident in the low risk category (score of 0-10)
- Interventions
  - Maintain bed at lowest position
  - Make sure walking aids are within reach
  - Make sure nonskid socks and shoes are being worn properly and fit properly
  - Put a green leaf on residents door frame and back of wheelchair

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