

PURPOSE

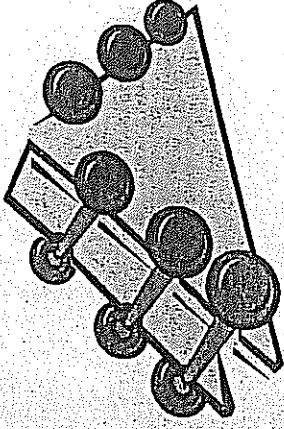
The purpose of the Falls Quality Initiative is to understand the underlying issue/ root cause of why residents are falling and to come up with a group decision for an appropriate action.

What is a Fall?

A sudden, unintentional change in position causing an individual to land at a lower level, most commonly due to the accumulated effect of multiple chronic disabilities and potentially is preventable if the causative factors are recognized in individual residents.

What should be reported as a fall?

- Resident lost their balance and was lowered to the floor by staff.
- Resident fell to the floor, but there was no injury.
- Resident was found on the floor, but how he/she got there was unnecessary.
- Resident rolled off a mattress that was on the floor.
- Resident loses balance during standing process and falls back onto the surface he/she was getting up from.



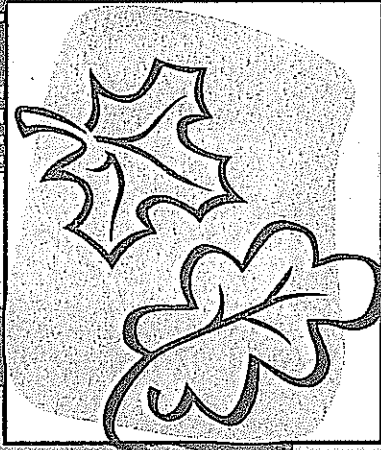
It is proven that exercise improves your lower body strength and balance reduces risk of falls and fall related injuries. So any resident that would be appropriate would be recommended to our BEST Age exercise program to improve their lower body strength.

Goal

Our goal as a team is to reduce the number of falls in our facility, prevent injury due to falls, and improve the safety as well as quality of life for our residents.

Reference: Aging Services of Minnesota www.mhha.com

Place
Stamp
Here



Falls Quality

Initiative

2010

CentraCare Health

System-Long Prairie

20 9th St SE
Long Prairie MN