

Falls Prevention — Interventions

Intervention	Description
Assistive Devices	<ul style="list-style-type: none"> ◆ Cane. ◆ Quad cane. ◆ Walker. ◆ Other.
Bed	<ul style="list-style-type: none"> ◆ Bed brakes locked. ◆ Mattress placed on floor. ◆ Bed alarm.
Wheelchair	<ul style="list-style-type: none"> ◆ Brakes locked, as appropriate. ◆ Chair alarm.
Call Light	<ul style="list-style-type: none"> ◆ Within reach at all times. ◆ Use of extended cords when resident sits in his/her room, or use bell if resident is outside of room.
Footwear	<ul style="list-style-type: none"> ◆ Footwear properly fitted. ◆ Non-skid slippers.
Laboratory Tests	<ul style="list-style-type: none"> ◆ Electrolytes. ◆ Renal function. ◆ Dilantin level.
Mobility	<ul style="list-style-type: none"> ◆ Ambulation status. ◆ Transfer status. ◆ Walking schedule. ◆ Residents placed in view of staff when out of bed.
Therapy	<ul style="list-style-type: none"> ◆ Screen. ◆ Evaluate. ◆ Recommend interventions or therapeutic measures.
Nursing Measures	<ul style="list-style-type: none"> ◆ Review medications, such as diuretics, hypnotics, and antidepressants. ◆ Toileting schedule. ◆ Proper positioning. ◆ Use of wedges. ◆ Use of non-slip material to prevent sliding.
Pain	<ul style="list-style-type: none"> ◆ Medications for pain relief.
Dehydration	<ul style="list-style-type: none"> ◆ Hydration.

Intervention	Description
Staff Education	<ul style="list-style-type: none"> ◆ All staff and volunteers receive orientation in fall prevention efforts and strategies. ◆ Gait belt used for transfers and ambulation when appropriate.
Interdisciplinary Team Conferences	<ul style="list-style-type: none"> ◆ Discuss “at risk” level in team conference. ◆ Formulate interdisciplinary goals addressing safety. ◆ Identify specific strategies for fall prevention in the care plan. ◆ Communicate level of risk (e.g., the facility may choose to use a color-coded sticker or symbol to easily identify at-risk residents).
Fall Impact Reduction Methods	<ul style="list-style-type: none"> ◆ Low position on beds and chairs. ◆ Mattress placed on floor. ◆ Protective attire: <ul style="list-style-type: none"> ◇ Helmets, as appropriate. ◇ Hip pads. ◇ Knee pads. ◆ Wheels removed from over-bed tables. ◆ Self-releasing lap belt.