

A proACTIVE Approach to FALL PREVENTION



Preventing Falls - Extending Life

Safety and well-being thrive in environments fueled by care, communication, and commitment to continuous improvement.

Current Reality



| Fall Statistics | | |
|---|---|--|
| • • | esidents in nursing homes fall each year. nursing home falls result in rsing home residents die each year from falls. | |
| • Recurrent Falls : Nearly of falls within a six-month period. | residents who fall will experience multiple | |
| costs exceeding \$ | ts in nursing homes result in annual medical | |
| home residents. | 25% of all hospital admissions in nursing | |
| bones or head injuries.Mobility Impact: Falls can lead to a 10- | Falls causes serious injuries such as broken -20% reduction in residents' mobility and | |
| in physical activity and increased Emergency Room Visits: More than 24 home residents occur each year due to Mortality Rate: Approximately related injury, such as a hip fracture, we related to the contraction of the contra | 40,000 emergency room visits by nursing of falls of older adults who sustain a serious fall- | |
| Medical Conditions | • | |
| Medications | Unsafe transfers | |
| • Hazards | Lack of Physical | |
| Muscle Weakness | Inadequate Staff and Supervision | |
| Gait and Balance Problems | • to participate in car | |
| • Impairment | Lack of social interaction | |
| Auditory and vestibular impairments | Bowel Issues | |
| Cognitive Impairment | Loss of Confidence | |
| Foot Pain and Improper | • of falling | |
| What else? | | |

Facility Risk

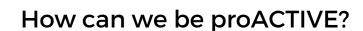
What risk do falls pose for your facility?

| • Legal and | Liability: | Other risks to facility: |
|---------------------------|--------------------------|--------------------------|
| •1 | Damage: | |
| • Increased Staff De | emand and Turnover: | |
| • Decline in Resider | nt: | |
| Regulatory and Acceptance | ccreditation Challenges: | |
| • | _ Costs: | |

\$25,000 Reality...

- Mount Vernon Countryside Manor, a 59-bed skilled care facility. Fined \$25K for failing to provide adequate supervision during an episode of agitation that resulted in a fall. They were also fined \$25K for failing to provide adequate assistance to a resident during transfer resulting in an injury to the resident.
- **Southgate Health Care Center**, a 106-bed skilled care facility. Fined \$25K for failing to implement fall interventions and preventing the falls of two residents.
- Aperion Care Jacksonville, a 113-bed skilled care facility was fined \$25K for failure to provide supervision and implement intervention for a resident to prevent multiple falls.
- Pittsfield Manor, an 89-bed skilled care facility was fined \$25K for failure to provide supervision to prevent a fall.

proACTIVE



_____ = Taking initiative by acting in advance to deal with an expected challenge or difficulty; controlling a situation by causing something to happen rather than responding to it after it has happened.

In a business context, being proactive involves anticipating potential problems or opportunities and taking steps to address them ahead of time, rather than reacting to events after they occur.

| Example: Initiating Comprehensive Fall risk assessments with written |
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| individualized plan of action |

_____ = Acting in response to a situation rather than creating or controlling it.

Example: Cameras that record falls that we then react to.

A proactive approach is to discover why and propose a plan of action based on the "_____" not the "_____."

What are you doing that is proACTIVE?

What's working in your facility?

proACTIVE

proACTIVE Fall Prevention

| Conduct Regular Fall Risk | :: |
|----------------------------|--------------------|
| • Implement | Programs: |
| • Implement | Activities: |
| Optimize | Management: |
| • Enhance | Safety: |
| • Encourage/Provide Proper | r: |
| •Sta | aff and Residents: |
| • Utilize | Devices: |
| Regular Vision and | Checks: |
| Promote Safe | and Mobility: |
| Implement Fall Prevention | n: |

proACTIVE

proACTIVE Fall Prevention

| Monitor an | d Hydration: | | |
|--|----------------------------|--|--|
| • Foster a of Safety: | | | |
| Conduct Regular Drills: | | | |
| Utilize Emergency Response Systems (PERS): | | | |
| Maintain Open Channel | s: | | |
| What is your culture | | | |
| Culture = "A way of for a group of people It includes: Language, beliefs, values, and common practices and rituals" | | | |
| 10 strategies to creating a proactive | e fall prevention culture: | | |
| • Open | Community Activities | | |
| Empathy and Respect | • Groups | | |
| • Involvement | | | |
| • Staff Appreciation | Accessibility and | | |
| • Programs | • Feedback Mechanisms | | |
| Notes/takeaways | | | |