A proACTIVE Approach to FALL PREVENTION

proACTIVE MOBILITY

Preventing Falls – Extending Life

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

Fall Statistics

- **Prevalence**: About_____of residents in nursing homes fall each year.
- **Injury Rate**: Between 10% and 20% of nursing home falls result in _____.
- **Fatalities**: Approximately _____ nursing home residents die each year from falls.
- **Recurrent Falls**: Nearly _____ of residents who fall will experience multiple falls within a six-month period.
- **Medical Costs:** Falls among older adults in nursing homes result in annual medical costs exceeding $_____.
- **Hospitalization Rate:** Falls account for 25% of all hospital admissions in nursing home residents.
- **Bone Injuries**: One out of _____ falls causes serious injuries such as broken bones or head injuries.
- **Mobility Impact:** Falls can lead to a 10-20% reduction in residents' mobility and independence.
- **Quality of Life:** Falls can significantly impact the quality of life, leading to a decrease in physical activity and increased _____ of falling.
- **Emergency Room Visits:** More than 240,000 emergency room visits by nursing home residents occur each year due to falls.
- **Mortality Rate**: Approximately _____ of older adults who sustain a serious fall-related injury, such as a hip fracture, will die within one year of the injury.

Why do we fall?

- Medical Conditions
- Medications
- _____ Hazards
- Muscle Weakness
- Gait and Balance Problems
- _____ Impairment
- Auditory and vestibular impairments
- Cognitive Impairment
- Foot Pain and Improper _____

- _____
- Unsafe transfers
- Lack of Physical _____
- Inadequate Staff and Supervision
- _____ to participate in care
- Lack of social interaction
- Bowel Issues
- Loss of Confidence
- _____ of falling

What else?

Facility Risk

What risk do falls pose for your facility?

- Legal and _____ Liability:

- _____ Damage:

- Increased Staff Demand and Turnover:

- Decline in Resident _____:

- Regulatory and Accreditation Challenges:

- _____ Costs:

Other risks to facility:

$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.

- A**perion 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

How can we be 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 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 _____:**

- **_____ Staff and Residents:**

- **Utilize _____ Devices:**

- **Regular Vision and _____ Checks:**

- **Promote Safe _____ and Mobility:**

- **Implement Fall Prevention _____:**

proACTIVE Fall Prevention

- **Monitor _____ and Hydration:**

- **Foster a _____ of Safety:**

- **Conduct Regular _____ Drills:**

- **Utilize _____ Emergency Response Systems (PERS):**

- **Maintain Open _____ Channels:**

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 fall prevention culture:

- Open _ _ _ _ _ _ _ _ _ _ _ _ _
- Empathy and Respect
- _ _ _ _ _ _ _ _ _ _ Involvement
- Staff Appreciation
- _ _ _ _ _ _ _ _ _ _ _ _ Programs

- Community Activities
- _ _ _ _ _ _ _ _ _ _ _ _ _ Groups
- Positive Reinforcement
- Accessibility and _ _ _ _ _ _ _ _ _
- Feedback Mechanisms

Notes/takeaways