

Tropics Home Care Services, Inc.

Fall Prevention



OBJECTIVES

- Identify the Impact of a Fall on Clients and the Company.
- Regulations and Standards for Fall Prevention.
- Identify Intrinsic and Extrinsic Factors.
- Recognize the Role of Client Assessment in Fall Prevention.
- Client's Role in Fall Prevention.
- Identify Strategies to Prevent a Client Fall.

FACTS

Anyone can suffer a fall. Falls can happen any time, place and to people of all ages. Hence home accidents and falls are the leading cause of injury and death in people 65 years and older. One in every three United State adult, ages 65 or older falls each year. Due to age, an elderly individual may be less agile and their bones tend to break more easily.

REGULATIONS AND STANDARDS FOR FALL PREVENTION

- Assess client risk for fall.
- Implement intervention to reduce fall based on patients assessed risk.
- Evaluate the effectiveness of all fall reduction activities.
- Clients must be free from restraint if the restraints aren't medically necessary and not prescribed by a physician.

DEFINING FALLS

Falls includes all witnessed and unwitnessed falls involving a client or those who experienced an unplanned descend to the floor whether inside or outside a client's home.

RISK TO CLIENTS

A simple fall can result in a disabling injury, complications and death. Most common serious injury sustain from a fall is hip fracture. An estimated one in five individual who sustain a hip fracture die within a year of injury.

Potential Complication includes:

1. Loss of confidence in mobility
2. Reduce activity
3. Muscle weakness
4. Increase risk for fall

RISK TO CAREGIVERS

- Limited liability insurance claim
- Lawsuit
- Fall injury treatment cost
- Termination of contract



WHY DO PEOPLE FALL?

Intrinsic and Extrinsic factors whether combined or not create risk for fall.

- **Intrinsic Factors** are related to a client's physical, cognitive and mental condition.
- **Extrinsic Factors** are related to a client's environment.

Intrinsic Factors

- Age greater than 65 year old
- History of fall
- Urgency, frequency or incontinence
- Lower or upper extremity weakness
- General weakness
- Gait or balance deficit
- Use of high risk medications such as tranquilizers, sedatives, antihypertensive, etc.
- Use of four or more prescription medication
- Reduced visual acuity
- Slow darkness adaptation
- Loss of hearing
- Perceptual change
- Neuropathy
- Proprioceptive dysfunction
- Degenerative disorder of spine
- Functional impairment
- Change in mental status
- Poor impulse
- Sundown Syndrome
- Foot Disorder
- Recent hospitalization
- Believes asking for help is inappropriate
- Incompliant to safety rules
- Poor communication, such as language barrier or unable to read



Extrinsic Factors

- Poorly designed bathroom without bars, rails, wheel chair access, etc.
- Furniture on wheels
- Floors that are highly polished, wet or covered with loose carpet
- Ill-fitting or long, loose clothing
- Poor instructions on use of devices
- Poorly maintained assistive devices
- Bed in high position
- Distracting noise
- Poor communication
- Poor training or communication
- Time of day

WHAT CAN WE DO TO PREVENT FALLS?

- Client assessment
- Environment assessment
- Client and family education
- Ensure regular preventative maintenance on mobility aids.

ASSESSMENT IS PERFORMED:

- ➔ On admission
- ➔ Routinely
- ➔ When client's condition changes
- ➔ After a fall or near misses occurrence



MEDICATION REVIEW

Clients on any one or a combination of the following medications are at high risk for fall.

- Antiarrhythmic
- Antihypertensive
- Diuretics
- Diuretics
- Laxative
- Neuroleptics
- Non-Steroid Anti-Inflammatory
- Oral Hypoglycemic and Insulin
- Psychotropic
- Hypnotics
- Sedatives
- Tricyclic Antidepressant
- Vasodilators

MEDICATION SAFETY

- Know the “Eight Rights of Assisting with Medication”.
- Never take medications that are prescribed for someone else.
- Create a complete list of all medication (prescription, over-the-counter, vitamins and herbs)
- Know the name of medications you are taking, why, how, foods and other things to avoid while taking it and the potential sides effect.
- Report to your healthcare provider all sides effects and allergies.
- Take medications as instructed.
- Alcohol must not be used when taking medication.
- Never stop or change prescribed medication without doctor’s approval. If you miss a dose, do not double the next dose.
- Check with your pharmacist and healthcare provider if you have questions regarding medications.

EDUCATE CLIENTS

- Conduct Face-to-Face Discussion about Fall Risk
 - Explaining general risk factor.
 - Explaining client’s specific risk.
 - Explaining that client should not be afraid to ask for help.
 - Documenting all discussion.
- Educate family
- Explain client’s risk for fall
- Provide education
- Manage family expectation for safety
- Document all discussion



COMMUNICATING FALL RISK

Failure to communicate a client's risk of fall is one of the number-one cause of fall related occurrence. Falls are more likely to occur when staff and caregivers are not apprised of client's risk of fall.

High Risk Clients Must be Clearly Identified by:

1. Educating family and loved ones.
2. Indicating fall risk on the chart by placing fall precaution sticker(s).
3. Communicating client's risk during change of shift report.

If a client is falling and you are near a wall, try standing against the wall then slide the client down carefully to the floor. If you are not near a wall lower the client to the floor using proper safety mechanics.

IF A CLIENT FALLS

- Assess client for injury
- Call client's doctor
- Call your supervisor
- Call client's family member(s)



Please call Tropics Home Care Services, Inc. day or night to report all fall.

INFORMATION NEEDED WHEN REPORTING AND DOCUMENTING FALLS

When a Client Falls, Please Note the Following Information:

- Location of fall
- Date and time of fall
- Description of fall
- Name of witness
- Notification of client's family and physician
- Description of any sustained injury from fall
- Treatment provided by physician or nurse to fallen client
- Intrinsic and extrinsic factor
- Equipment in use
- Medication taken by client
- New intervention plan

WHEN REPORTING FALLS

- Falls need to be reported on an incident report form.
- A post fall assessment must be completed for all falls.
- Your supervisor and president must be notified for all falls and near misses.

POST FALL ASSESSMENT

When Conducting A Post Fall Assessment Please Note:

- Behavior of functional changes as a result of fall.
- Factors that may have contributed to the fall.
- Review medication
- Evaluation of environmental condition.
- Adjustment to Care Plan



PERSONAL SAFETY

- Exercise regularly to build strength and improve your balance and coordination.
- Use assistive devices as recommended.
- Use a cane for extra stability.
- Wear sturdy, well-fitted, low heeled shoes with non-slip soles.
- Schedule routine appointments with Primary Care Physician (PCP).
- See an eye specialist once a year. Poor vision can increase your chance of falling.
- Wear glasses and hearing aids as needed.
- Limit alcohol beverages to no more than two per day or as recommended by PCP.

SAFETY AT YOUR FRONT DOOR

- Ensure your address and house number is clearly seen from the street. In case of an emergency this will save the paramedics and fire department precious time.
- Do have a front porch light.
- Do have a peep hole in your door or ways of seeing an individual at your door prior to opening the door.
- Never leave your keys under a mat or in your mail box. Perhaps a neighbor can keep an extra set of keys for emergency purposes.
- Always keep your doors lock, especially at nights.
- Do not allow strangers in your home without proper identification or verifying via appointments from company.

KITCHEN SAFETY

- Immediately clean up any liquids, grease or food spilled on the floor.
- Store food, dishes and cooking equipment within reach.
- Always use a step stool with a hand rail attached.
- Get help for hard to reach items.



BATHROOM SAFETY

- Use bathroom night lights for the ease of getting around at night
- Ensure bathroom is wheelchair or walker accessible; with doors opening outwards.
- Use non-slip resistant floors that provide good mobility in the bathroom. Which provide traction for wheelchairs, walkers, etc. such as vinyl floor.
- Ensure bath tub and shower stalls are wheelchair accessible; easy to get in and out.
- Install grab bars* and rails in tubs, shower and toilet areas or a vertical grab bar attached to ground and ceiling or a combination.
- Using adjustable shower slide bar and showerheads makes a shower highly versatile for either sitting or standing while bathing.
- Use shower chairs if you are weak and need the comfort of a shower.
- Use a pedestal bathroom sink or a handicap sink that has enough clearance for a wheelchair to fit.
- A raised toilet seat can be very helpful.
- Use non-slip mats in bathtubs and shower floors.
- Lower the water heater to under 120 degrees;
- Check water temperature before entering the tub or shower.
- Install emergency pull cords or use an emergency call button.
- When needing assistance from sitting, getting up or from a slip or fall an emergency pull cord or call button ensures that the person needing help is able to summon help immediately.

*Grab bars are generally available in three different lengths and should be ADA approved. Sizes available in stock are 12, 16 or 18 inches. Larger grab bars such as 36" and 48" can be special ordered, and is available in many finishes, such as chrome, brass, bronze, etc.

A small bar in a vertical position is often placed at the entrance of a shower to assist with entry and aids with the exit. Grab bars can be placed in various parts of the bathroom, such as near sinks, toilets, showers and tubs, wherever you need them and should support your weight. They can be placed vertically, horizontally or at an angle.



LIVING AREA

- Ensure stairways, hallways and bathrooms have adequate lighting.
- Have easy-to-grip, sturdy handrails installed along the full length of both side of stairs.
- Mark end of stair or steps with colored tape. *(This serves as a visual reminder.)*
- Keep floors free from clutter and loose carpets.
- Use only throw rugs with rubber, non-skid bottom.
- Worn, frayed or torn carpets should be repaired, replaced or removed.
- Wipe up spilled liquids immediately.
- Ensure bed is easy to get in and out.
- Keep frequently used items within reach.
- Keep emergency medical and contact numbers near telephone(s).

HOT WEATHER PRECAUTION

- Never leave anyone in a closed, parked vehicle during hot weathers.
- Drink plenty of water on a regular basis even if you do not feel thirsty.
- Stay indoors as much as possible. If air conditioner is not available, stay on the lowest floor, out of direct sun, pull shades and use fans.
- Use sunscreen, hats, sunglasses, and loose, lightweight, light colored clothing.
- Consult your physician about the effect of sun and heat exposure while taking prescription drugs such as antihistamines, diuretics, etc.
- At the first sign of heat illness such as dizziness, nausea, headaches, muscle cramps, move to a cooler place, and slowly drink cool fluids and rest.

Seek medical attention immediately if conditions do not improve.



FIRE SAFETY

Develop a fire escape plan from your home in the event of a fire. Plan at least two exits from your home, and decide where family and loved ones will meet once out of the house.

- Store important documents in a fireproof security box or keep them in a safe deposit box at your local bank.
- Fire regulations recommend one smoke detector on every level of the home. Change the batteries twice a year when you reset your clock.
- DO NOT** overload electrical outlets.
- DO NOT** smoke or use open flame near or while on oxygen or concentrators.
- Keep oxygen cylinder upright and secure at all times.
- DO NOT** transport oxygen in the trunk of a car.
- DO NOT** smoke in bed and **ALWAYS** use a large, clean ashtray.
- DO NOT** block exits. **Always** keep exits clutter free.
- Keep a fire extinguisher near your kitchen exit or a large box of baking soda.
- Have keys accessible.
- Prioritize family members who are dependent, non-ambulatory or who requires assistance.

HURRICANE

- Review the Hurricane Preparedness Information Guide. If you have misplaced your copy call the office at (561) 739-3270 and request a replacement copy.
- Have a hurricane plan in place.
- Clients with special needs must pre-register annually with the Special Needs Unit for placement.

Palm Beach County Division of Emergency Management: (561) 712-6400

Broward County Emergency Management Division: (954) 831-3900



THINK SAFETY AND WORK SAFELY

BACK FACTS

- Many back injuries happen bit by bit, even if there is no pain.
- Stressful job tasks or body movements can lead to injury.
- Carrying or lifting weight while your back is twisted is very risky business.
- Twisting puts an extra strain on muscles, ligaments and discs.
- Stooping down low to lift stresses every part of the body: back, neck, shoulder and legs.
- Lifting loads above the shoulder puts an extra level of force on your shoulders, arms, neck and back.
- It is very hard to lift things that are far away from your body. Your back have to work harder when you lift with your arms stretched out.
- Lifting while stretching put much more strain on the discs in your lower back.
- Frequent lifting cause muscle fatigue, which also increase your chance of getting hurt.
- Pulling and dragging is very stressful on your shoulder and back.
- Sitting and standing in awkward positions puts lots of strain on your muscles and can cause fatigue and weakness, especially in your lower back.
- Gripping something very tightly in order to lift or pull can cause a strain.
- Studies have shown that comfortable handles reduces the amount of force needed to do the task.
- Strains and sprains can be caused by lifting objects that are too big, bulky or have uneven weight.

(www.Osha.gov/SLTC/healthcarefacilities/training/activity_3.html)



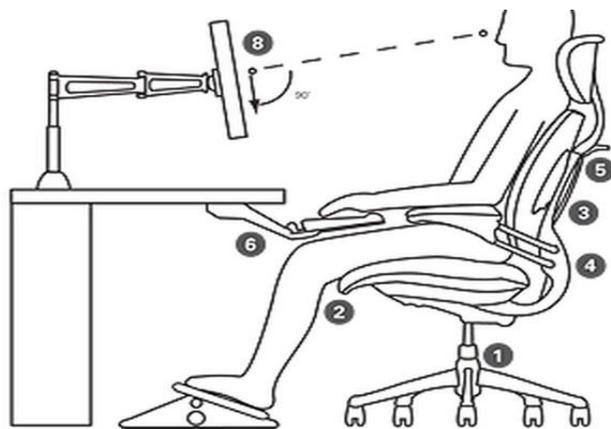
GENERAL SAFETY TIPS IN THE OFFICE

OFFICE ROLLING CHAIR SAFETY

Office rolling chairs come in handy by allowing us to maneuver more easily in our work station. However people are sometimes hurt by falling from chairs or simply sitting in the wrong position.

Follow the following precautions can help prevent injuries:

- Always keep chair on a flat surface, keeping wheels completely on the floor.
- Swivel the seat of the chair rather than twisting your back.
- Sit firmly on the chair while rolling, ensuring chair does not roll out from under you.
- Sit all the way back in the chair and make sure chair support your weight.
- Make sure the backrest properly support your spine.
- Use chair at correct height. Your feet should be flat on the floor maintain a 90 degree angle.
- Don't roll over uneven surface.
- Do not climb on your office chair; use a step stool or a ladder.
- Get up and walk, don't use chair to transport you from one location to the next.
- Don't lean so far back in the chair that wheels lift off the floor.



GENERAL SAFETY TIPS IN THE OFFICE

OFFICE ROLLING CHAIR SAFETY

Office rolling chairs come in handy by allowing us to maneuver more easily in our work station. However people are sometimes hurt by falling from chairs or simply sitting in the wrong position.

Follow The Following Precautions Can Help Prevent Injuries:

- Always keep chair on a flat surface, keeping wheels completely on the floor.
- Swivel the seat of the chair rather than twisting your back.
- Sit firmly on the chair while rolling, ensuring chair does not roll out from under you.
- Sit all the way back in the chair and make sure chair support your weight.
- Make sure the backrest properly support your spine.
- Use chair at correct height. Your feet should be flat on the floor maintain a 90 degree angle.
- Don't roll over uneven surface.
- Get up and walk, don't use chair to transport you from one location to the next.
- Don't lean so far back in the chair that wheels lift off the floor.
- Do not climb on your office chair; use a step stool or a ladder.

