

Perley Health's Quick Tips

Developing a Falls Prevention Program in Long-Term Care



**Perley
Health**

Centre of Excellence
in Frailty-Informed Care™

Nothing short of excellent.

Key Elements Implemented by Perley Health

Fall Prevention

- ✔ Use a standardized falls risk identification scale, on admission, quarterly, after a fall and after a change in status.
- ✔ Personalize fall and injury prevention interventions based on the resident's modifiable risk factors and choices.
- ✔ Conduct hourly comfort care rounding to proactively meet the needs of the resident and scan the environment.

During Fall

- ✔ Provide comfort and reassurance to the resident.
- ✔ Complete a full head-to-toe physical assessment and neurological assessment if suspected that the resident has hit their head.
- ✔ If appropriate, move the resident using a mechanical lift.
- ✔ Reassess the resident for injuries, post-transfer.
- ✔ Complete vitals in both sitting and standing position, if possible.
- ✔ Contact the resident's most responsible care providers.

Post-Fall

- ✓ Within 24 hours:
 - Re-administer the standardized falls risk identification scale.
 - Complete an interprofessional post-fall huddle and mini-route cause analysis. Include the resident and their substitute decision makers, if possible.
- ✓ Complete an incident report and update the resident's care plan.
- ✓ Continue to monitor the resident for 72 hours and document status.
- ✓ Involve interprofessional team members for fall prevention support, as needed.



Program Highlights

- Facility wide simulation-based fall prevention training exercises are completed on the units for nurses and PSWs. The team supports residents who choose to live with risk.
- Residents and their substitute decision makers are engaged in fall prevention planning.
- Every department's role is outlined in the fall prevention policy.
- Fall prevention and response training is tailored to every department and incorporated into orientation.
- Documentation tools, including the incident report, are custom designed to force function the post fall processes to ensure all steps are completed.
- In addition to the post-fall huddle, interprofessional fall prevention meetings are completed for residents who fall often to reevaluate their personalized interventions.
- Audits that reflect ministry requirements are run occasionally.

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For more information visit:
PerleyHealth.ca/knowledge-translation



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