

Sullivan County Department of Public Health

<p><u>Title:</u> Falls management and prevention</p> <p><u>Number:</u> CP-16</p> <p><u>Page Number:</u> 1 of 2</p>	<p>Original Approval: 6/19</p> <p>Reviewed/ revised: 7/19, 9/19, 5/22, 5/24</p>
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Statement/ Purpose:

To promote patient safety by developing strategies to assist patients to prevent falls in the home.

Authority:

Application:

All SCDPH CHHA Staff

Terminology:

Responsible Party:

Training and Quality Improvement Coordinator

Cross-Reference:

Procedure:

1. At time of admission, assess patient's risk for falls using the MACH 10 Fall Risk Assessment Tool.
2. The MACH 10 Fall Risk Assessment Tool enables SCDPH CHHA staff to identify patients that are at increased risk for falls. A score of 4 or more indicates a risk for falls.
3. Patients who score 4 or more (at risk for falls) are referred for physical and/or occupational therapy evaluation.
4. The Licensed Clinician (RN or therapist) uses the standardized process for Fall Risk assessment for patient evaluation, instruction, and safety recommendations.
5. The RN or therapist reassess the patient's risk for falling and re-educates the patient/ caregiver:
 - a. At start of care (SOC)
 - b. At resumption of care (ROC)
 - c. At recertification
 - d. After a fall
 - e. After the patient's medication regimen is changed/ adjusted, as applicable.
 - f. When a change takes place in the patient's overall cognitive level, muscle strength, pain and/or ability to perform ADLs that could increase the likelihood of falling.
6. The RN or therapist documents all interventions, teaching and response to teaching in the EMR.

Post Fall:

1. If a patient falls (witnessed or not), perform a new falls assessment, notify MD, supervision, and other clinicians involved in patient's care. If therapy is already in the home, request a re-evaluation. If the patient does not receive therapy services, request and evaluation.
2. Adjust SN visit frequency to follow up with the fall and any possible injury as necessary.

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3. Document the fall in the patient's EMR. Go to Events and select FL-Patient Falls and complete each section. When completed, click OK.
4. Supervision will document fall on the Fall Tracking Log.

Program Goals and Objectives:

1. Identification of patients at risk for falls
2. Prevention of falls and resulting injuries.
3. Education to the patient and caregiver(s) about:
 - a. Safe ambulation
 - b. Transfer techniques
 - c. Basic home safety
 - d. How to avoid falls and injuries
 - e. Proper use of assistive devices
4. Prevent Emergency Department visits and/or hospitalizations
5. Collect and analyze information (Incident, Accidents, and other Unanticipated Events reports) to track reduction in falls related to SCDPH CHHA fall prevention strategies.