



FALL PREVENTION GUIDELINES

Provides an overview of the essential components of a fall prevention program. The guideline serves to increase staff knowledge/awareness of the clinical process steps, and may also function as an in-service handout.

STEPS	PURPOSE	STRATEGIES
Fall Risk Assessment	To identify fall and injury risk	Factors to Assess: <ul style="list-style-type: none">• Diseases• Drugs• Cognition• Elimination• Ambulation Aids• Mobility When to Assess: <ul style="list-style-type: none">• Upon Admission• Change of Condition• Medication changes• Post-Fall
Care Plan	To design strategies aimed at reducing fall/injury risk	Multidisciplinary strategies targeted at identified risk factors
Post Fall Assessment	To identify why fall occurred/to prevent further falls	Components: <ul style="list-style-type: none">• Rule out injury• Circumstances of fall (symptoms, location, activity)• Environmental hazards• Reassess fall risk factors• Root Cause Analysis (why fall occurred?)
Follow-Up	To determine whether intervention(s) are working to reduce fall risk	If no falls, continue care plan. If falls, ask why? Revisit risk assessment/care plan