

## Falls Prevention: Interventions

### Transferring Knowledge to Practice

Knowledge: Do you know?

Skill: Can you do it?

Behavior: Are there issues?



## Interventions

Individualizing the care of each resident is key to reducing falls.

Have the team consider each resident and use these interventions to create a plan

**Worksheet 6:** Here is Pam Quinn's list of interventions.

1. Occupational Therapy
2. Restorative Nurses Aid
3. Ambulation program
4. B&B program
5. Increase activities
6. Slip grip in chair
7. Slip strips on floor
8. Slipper socks
9. ½ side rails for support
10. Medical work-up- to r/o delirium
11. Bladder scan
12. Keep in plain view of staff when OOB
13. Psych to reduce meds
14. Orthostatic signs
15. Reduce clutter
16. Know your resident as an individual (what makes him/her tick?)
17. Low bed with mattress beside it
18. Caution tape @ door to room
19. Stop signs
20. Anti-tippers for the w/c
21. Extra snacks
22. Encourage family to visit
23. Reminder ribbons for the wheelchair
24. Written instructions to the resident
25. Afternoon naps
26. Soothing music
27. Quiet areas on the unit
28. Take the resident outdoors
29. One-on-one
30. Avoid sleeping pills & allow res to awaken naturally.
31. Decrease caffeine intake
32. Decrease fluids after supper
33. Exercise programs
34. Raised toilet seat
35. Safe-hips
36. Q15min checks
37. Cardiology assessment
38. Thyroid studies
39. Blood sugar testing
40. Monitor sleep pattern
41. Root cause the fall
42. Which assignment is it on