

Falls Prevention: Resident Risk Identification

Transferring Knowledge to Practice

Knowledge: Do you know?

Skill: Can you do it?

Behavior: Are there issues?



Quick Facts

- The risk of falling **increases with age** and is greater for women than for men.
- Two-thirds of those who experience a fall **will fall again** within six months.
- A decrease in **bone density** contributes to falls and resultant injuries.
- Failure to exercise** regularly results in poor muscle tone, decreased strength, and loss of bone mass and flexibility.
- At least one-third of all falls in the elderly involve **environmental hazards**

Worksheet 3

Directions: With your team, think about one resident who has fallen. Using all of the factors listed on Worksheet 2 write those that are affecting the resident.

Intrinsic	Extrinsic
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
10.	10.
11.	11.
12.	12.
13.	13.
14.	14.
15.	15.
16.	16.
17.	17.
18.	18.
19.	19.
20.	20.