



Falls Awareness

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Definition of a fall



An unintentional event that results in a person coming to rest on the ground or another lower level, not as a result of a *major intrinsic event* (such as stroke or epilepsy) or *overwhelming hazard* (such as being pushed)”

Gibson et al 1987

Falls Statistics

Annually

33% (1/3) of people over 65 experience one or more falls

40% of hospital admissions from a care home are due to a fall.

25% of Care Home residents who fall suffer serious

Injuries

10 x more likely to have a hip fracture in a care home than in other environment

Injuries from falls are a leading cause of accidental death in over 75

Risks relating to the individual include

Previous falls

Ageing – causing changes in the body

Certain health conditions / Cognitive decline

Being physically frail / inactive

Balance and mobility issues

A close-up photograph of a computer keyboard. The central focus is a bright green key with the words "Manage Risk" printed in white, sans-serif font. The key is slightly raised and has a soft shadow. Surrounding it are several white keys with various symbols: a tilde (~), a bracket with a wavy line, a vertical line, and a partial "Sp" key. The lighting is soft, highlighting the texture of the keys and the vibrant color of the green key.

Manage Risk

Risks relating to the individual include

Type of medications / side effects / polypharmacy

Hypotension/ dizziness

Incontinence/ constipation

Side effects of alcohol

New to care home - unfamiliar with surroundings

Falls Prevention Hints

Consider resident routine/ impact on activity level

Monitor for changes in behaviour and impact on activity/ falls risk

Undertake regular environmental checks

Consider use of supervised lounges

Discuss falls interventions with resident/ family

Falls Prevention Hints

Risk assess prior to interventions to determine support/ assistance resident required to maintain safety

Encourage regular rest periods- use diversion/ activity

Promote escorted walks , if resident is able and have regular corridor 'patrols'



Safety

Safety tips

Don't leave residents who are a falls risk unattended in bath/ toilet/ commode/ shower

Ensure regularly used items are within easy reach

Have call bell within reach and observe resident's ability / willingness to use it

Ensure clothing is not too long/loose and footwear is suitable

Safety tips

Ensure resident environment is free from clutter/ hazards

Discourage the use of mats or rugs

Ensure furnishings are fit for purpose / stable / safe



Environment: Points to consider

Clear signage to orientate resident – words/ pictures

Position bed to increase safety and manoeuvring space

Keep bedside clear of furniture if falls risk from bed

Position furniture flat against wall to reduce impact points/ increase manoeuvring space

Environment: Points to consider

Ensure bed / chair / toilet at correct height for resident – use assistive equipment if required

Access to equipment to assist transfer/ mobility

Remove folding/ unstable/ low furniture

Use of a central supervised area where staff can closely monitor residents who are a high falls risk

The benefits/ risks of using Falls alert equipment



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Falls Documentation

A Falls risk assessment and Falls Care Plan should be in place:

Within 24 hours of admission

Updated monthly or as soon as resident :-

- Has a fall

- Has a significant change in condition

- Is re-admitted from another care setting e.g. hospital

When a fall occurs

Recording falls-

Use Falls diary

Routinely audit falls for patterns/trends

Accident forms

Ensure all staff are aware of and implement the Falls Prevention Care Plan

Person centred falls care planning

Can be complex as you balance choice/ empowerment with keeping resident safe.

Can be challenging if resident does not appear to have insight into the risks



In Summary

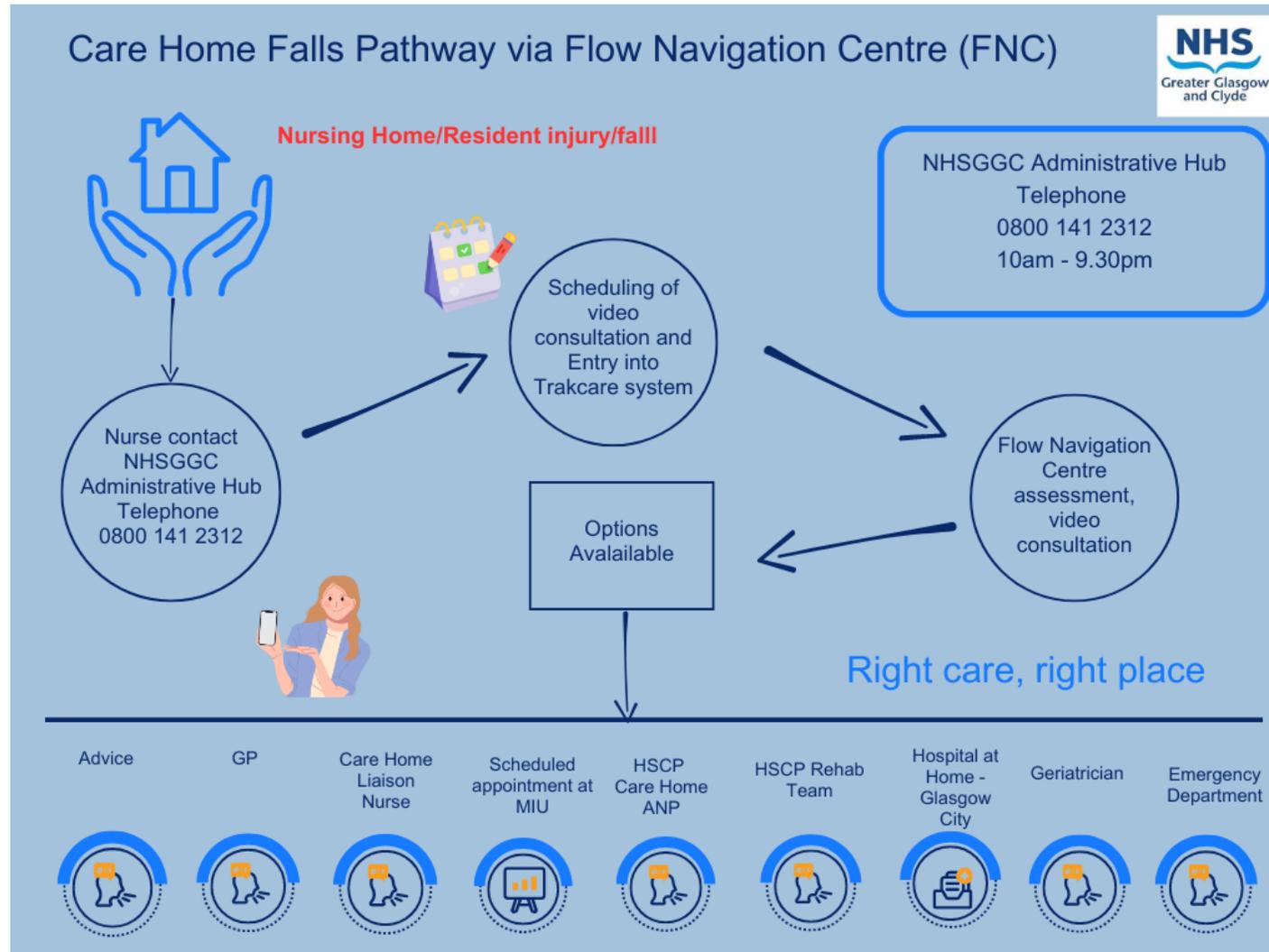
Not all falls are inevitable

Not all falls are preventable

Ensure you are aware of any potential risk factors and aim to reduce the risks

Ensure the environment is suitable for individual needs and is checked regularly

Care Home Falls Pathway



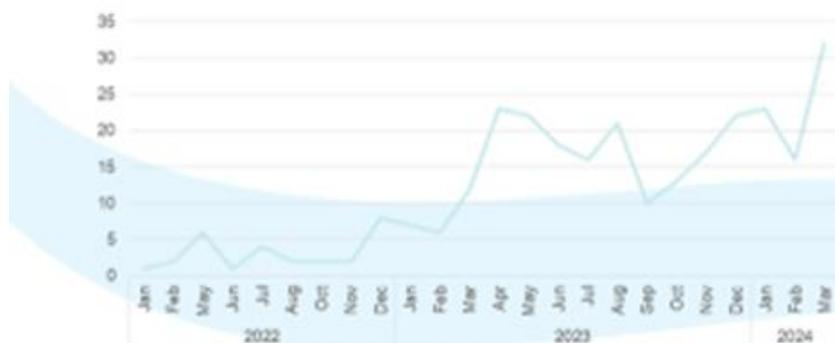


Care Home Falls Pathway

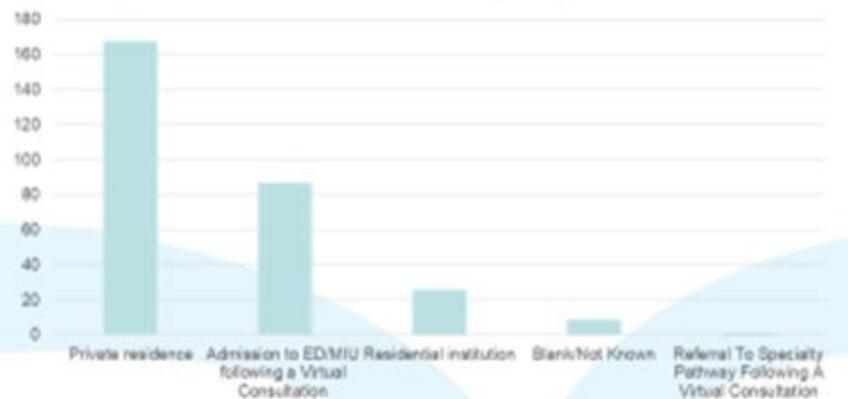


286 total calls to FNC from Jan 22 to Mar 24.
Average 12 calls per month

Total Number of Calls to FNC - GGC Care Home Falls pathway - Jan 22 - Mar 24



Patient Outcomes - GGC Care Home Falls pathway - Jan 22 - Mar 24



Useful Resources



Care Home
Collaborative

