

Falls Awareness – check your knowledge



Check your knowledge

Now that you have completed the Falls Awareness Training Module it's time to test your knowledge!

Below is a range of questions based on information from the training module.

- 1 State 3 health reasons for why a resident might fall:

- 2 State 3 Environment issues that may cause a resident to fall:

- 3 Every resident needs to have a Falls Risk Assessment Completed?

True ☐
False ☐

4a How quickly after admission would you complete the Falls Risk Assessment and Falls Care Plan?

- Within 24hrs of admission ☐
- Within one week ☐
- Whenever you get a chance ☐

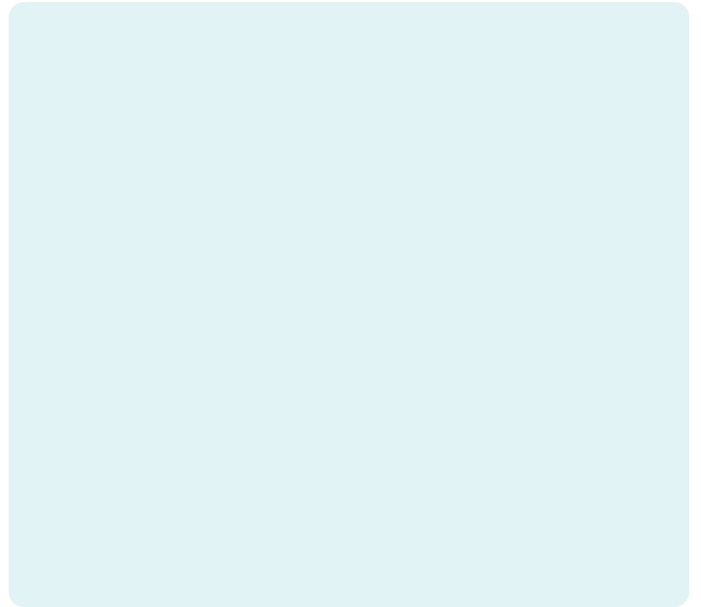
4b When would you review/ update the Falls Risk Assessment and Care Plan?

- Update monthly or sooner ☐
- Patient has had a fall ☐
- There is a significant change in resident's condition ☐
- There has been a change in environment – i.e. returned from hospital / moved rooms In Care Home ☐
- All of the above ☐

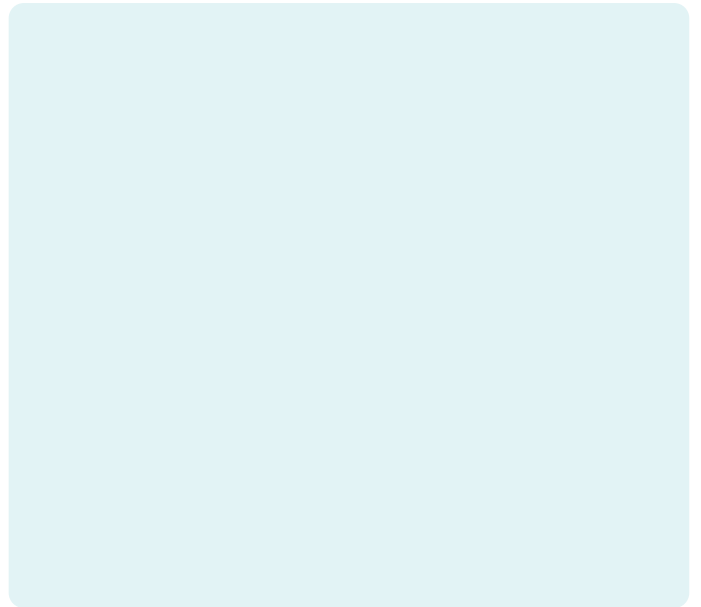
5 What impact can medication have on falls risk?

6 State 4 interventions that could assist in reducing risk of falls:

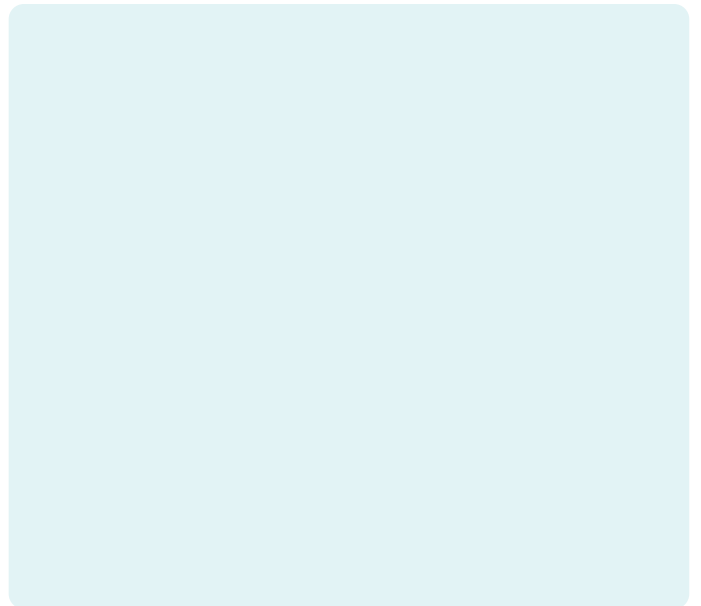
7 What Types of falls prevention equipment are you aware of?



8 What interventions could be seen as restraint?



9 Can you name some alternatives to restraint?



Scenario Quiz

The next set of questions will relate to Mrs Smith:

Mrs Smith is a 90 year old lady who is a new admission to your Care Home. She is living with Dementia and postural hypotension. She has a good family support but did experience falls whilst living at home. Mrs Smith is on a range of medications to manage her health conditions. You have completed her falls risk assessment and are devising her care plan.

10 As Mrs Smith is a new admission to the Care Home what signs would you look for to identify a new or increase in falls risk?

11 You are assisting Mrs Smith to the dining table when she complains of feeling dizzy. What should you do?

12a You are assisting Mrs Smith to the bathroom and she asks you to leave the room. What would be the reasons for not leaving her unattended?

12b How would you handle this situation?

13 Mrs Smith is admitted with two pairs of spectacles- what should you be checking for?

14 Mrs Smith's daughter is going to buy her a new pair of shoes. What would you be recommending to look out for when picking the footwear?

Notes

Answers

1 State 3 health reasons for why a resident might fall?

- Infection/ delirium/ sepsis
- Hypotension/ dizziness
- Poor strength and balance
- Reduced mobility
- Cognitive decline
- Frailty
- Visual difficulties
- Medication

- Different health conditions- Parkinson's, stroke, arthritis, neurological conditions e.g. Huntington's, MS, Motor Neurone Disease

2 State 3 Environment issues that may cause a resident to fall:

- Slip/ trip hazards- uneven flooring/ floor coverings,
- Untidy or cluttered environment
- Lack of manoeuvring space
- Unsteady or low furniture,
- Loose or unsteady assistive equipment e.g. grab rails, handrails, toilet, bathing equipment
- No assistive equipment available or out of reach
- Trailing furnishings e.g. curtains, blankets, table cloths
- Mats and rugs. This can include floor pressure mats/ crash mats
- Poor lighting,
- Nurse call not within reach/ unable to call for staff assistance
- Unsuitable seating

3 Every resident needs to have a Falls Risk Assessment Completed?

- True

4a How quickly after admission would you complete the Falls Risk Assessment and Falls Care Plan?

- within 24hrs of admission

4b When would you review/ update the Falls Risk Assessment and Care Plan?

- All of the above

5 What impact can medication have on falls risk?

- Side effects- dizziness/ light-headedness/ confusion/ reduced balance
- Polypharmacy- on four or more medications
- Medication being given at right time
- of day
- Correct Medication dosage
- Is medication effective in managing symptoms?
- Is resident taking their medication?

6 State 4 interventions that could assist in reducing risk of falls?

- Monitoring for change in your residents condition
- Encouraging your resident to keep fit and active- within their own abilities
- Supporting and encouraging residents who are fearful of falling
- Ensure good manoeuvring space,
- Keep all areas clear of clutter,
- Clear up any spillages,
- Good lighting levels,
- Encourage use of walking aids
- Good fitting footwear and clothing
- Ensuring all furnishings are steady and fit for purpose

7 What Types of falls prevention equipment are you aware of?

- Infra-red beam, motion sensor, mattress alarm, chair alarm, floor pressure mat
- Correct height and type of bed
- Correct height/ depth/ width of seating -
- use picture scenario
- Correct mobility aid to meet current needs

8 What interventions could be seen as restraint?

- Lapstraps
- Seating that restricts movement
- Bedrails
- Medications
- Removing a residents walking aid
- Lack of manual handling equipment
- Repeatedly telling a resident to sit down
- Falls prevention equipment

9 Can you name some alternatives to restraint?

- Additional supervision/ supervised lounges
- Structured activity/ regular escorted walks
- Ensuring resident is orientated to their environment
- Providing timely input/ assistance
- Reducing hazards in the environment

10 As Mrs Smith is a new admission to the Care Home what signs would you look for to identify a new or increased in falls risk?

- Changes to Mrs Smith's Mental & physical health – recognising deterioration
- Increasing confusion
- Reduced safety awareness / Increased risk taking
- How well Mrs Smith is adjusting to new environment
- Stress/ Distress behaviours

11

You are assisting Mrs Smith to the dining table when she complains of feeling dizzy. What should you do?

Encourage Mrs Smith to sit down. Ask Mrs Smith if she is able to rotate her ankles and move her feet slightly as she sitting. When her head feels clear, allow Mrs Smith to slowly stand with the support of staff. Check how Mrs Smith is feeling when she is standing. If still unwell – reseat and ask nurse or senior to attend.

12a

You are assisting Mrs Smith to the bathroom and she asks you to leave the room. What would be the reasons for not leaving her unattended?

- New to Care Home and may be unfamiliar with environment
- Mrs Smith has a cognitive impairment
- Potential for reduced safety awareness/ increased risk taking.
- Easy Access to staff assistance for transfers/mobility

12b

How would you handle this situation?

- Calmly discuss reasons for why staff need to be present
- Find balance between dignity/ privacy and safety:
- » discreet supervision
- » Regular vocal prompts/ enquiry
- » Close enough to physically respond and assist

13

Mrs Smith is admitted with two pairs of spectacles- what should you be checking for:

- Why does she have two pairs? Check with Mrs Smith and ask family
- Double check spectacles belong to Mrs Smith. If yes- are they the most recent prescription?
- When was last optician exam
- Ensure spectacles are clean, comfortable to wear and in good repair
- Does Mrs Smith tolerate wearing them
- Labelling the spectacles so you know they belong to Mrs Smith
- Ensure spectacles are within easy reach

14 Mrs Smith's daughter is going to buy her a new pair of shoes. What would you be recommending to look out for when picking the footwear?

- Correct Size
- Sturdy, Non slip sole
- Wide enough to allow space in the toe area
- All round support to foot and heel
- Low, broad heel
- Avoid seams inside that may rub

