

### GENERAL

1. DNA testing for drug efficacy followed by thorough review with physician and pharmacist
2. Vitamin D supplement for muscle strength
3. In-service ALL departments to observe for fall conditions
4. Initiate system to identify residents who fall frequently
5. Use of individually fitted hip pads for injury prevention
6. Allow residents to sleep without interruption for four hours during the night (zzzz- for- 4)

### PT/OT/RESTORATIVE

1. Screen residents with 30-Second Chair/Stand test tool
2. Timed Up and Go (TUG) Test
3. Increase exercise for strength, balance, and gait training
4. Measure and label assistive devices for proper length, fit, etc. These should be labeled and only used by the residents they have been “fitted” for.
5. Management of iPods for music from “their” time. Ask what they like.

### MAINTENANCE

1. Check facility and resident’s furniture for loose bolts, screws, instability, breakage
2. Routinely inspect assistive devices for stability
3. Frequent evaluation of tennis balls and pads on walkers for wear that would allow them to slip easily
4. Install colored toilet seat to improve visual perception
5. Grip strips where resident exits from bed and in front of toilet
6. Anti-tippers and break extenders on W/C
7. Apply protectors to resident’s furniture to prevent injury
8. Check function of low light night lights
9. Check batteries in alarms

### DIRECT-CARE STAFF

1. Blood Pressure sitting and standing to assess for postural hypotension
2. Use of mechanical lift for transfer when indicated
3. Silent rounds at night
4. No bright overhead lights at night when toileting, changing, or repositioning
5. Frequent verbal reminders by all employees to ask for help
6. Increase assistance for transfer
7. Low light night lights in all rooms
8. Use of device to identify boundaries of bed (swimming pool noodle can be used)
9. Adhere to individual toileting schedule
10. Assistive devices and bedside table within reach
11. Properly fitted W/C, walker, cane used only by the person it is fitted to
12. Use of non-skid socks that are in good condition with non-skid material all the way around
13. Ascertain that footwear is supportive and well-fitting with non-skid soles and secure fasteners
14. Assist with putting footwear on when indicated and assess its condition
15. Place a sign in the bathroom as a reminder to call for help
16. Bedside table within reach
17. Maintain clear pathways in room, free of clutter
18. Place resident near the nurses station for observation and socialization
19. Follow physicians orders for:
  - a. Low bed
  - b. Concave mattress
  - c. Floor mat beside bed (when appropriate)
  - d. Use of scoop or Broda chair
  - e. Chair alarm in W/C

### CONSIDER

- Competition between halls or teams with posted results. Clearly state the time for the event and make rewards worthwhile.
- Results can be posted by graphs, pie charts, thermometers, etc. to state the reduction of fall numbers. These could be posted in the break room, or at the nurses’ station. You can be discreet or shout-it-out.
- Also consider other ways to recognize work well done with fall prevention