



### CONTACT INFORMATION

For more information about Long Term Care's Fall Prevention and Intervention Program please contact the nursing staff of the unit where the resident resides.

### AFTER A FALL

#### THE COMMUNICATION OF FALL RISK IS ESSENTIAL TO HELP REDUCE AND PREVENT RESIDENT FALLS

If your family member falls:

- ◆ He/she will be assessed by staff for pain and injuries, and asked how they feel.
- ◆ His/her vital signs will be taken.
- ◆ The appropriate family member or decision maker will be notified.
- ◆ The doctor will be notified.
- ◆ Their plan of care and health record will be reviewed, updated, and communicated to all staff.

### HOW FAMILIES CAN HELP

#### FAMILY EDUCATION AND FEEDBACK ON EASTERN HEALTH'S FALL PREVENTION PROGRAM CAN IMPROVE RESIDENT OUTCOMES

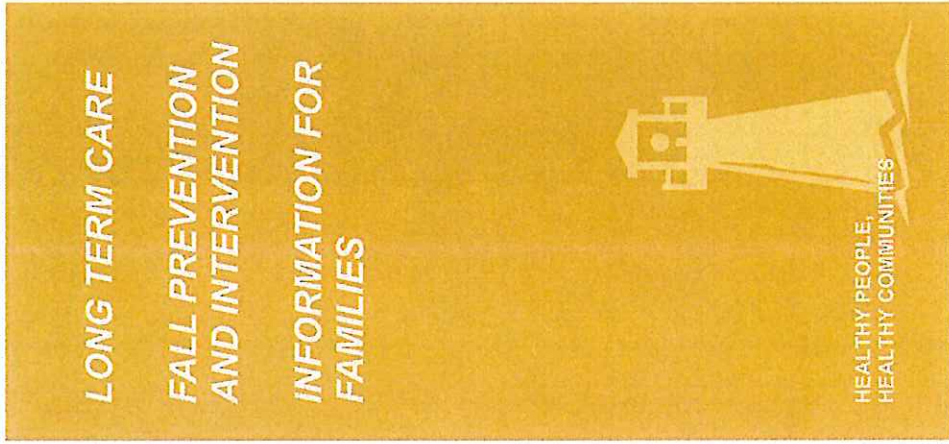
Family plays an important role in fall prevention. As a family member, be aware of the Fall Prevention Program.

Help by ensuring your family member has safe, supportive footwear.

Help keep your family member's room free of clutter.

Call for assistance/notify nursing staff:

- ◆ When getting your family member up and out for activities.
- ◆ If you are unsure how to properly use adaptive devices (like walkers).
- ◆ If your family member falls when you are present.
- ◆ If your family member slips or trips.



## FALLS

### FALLS ARE A MAJOR CONCERN FOR RESIDENTS, FAMILIES AND HEALTH CARE PROVIDERS IN LONG TERM CARE

Falls were once considered unavoidable due to the individual being ill but now some falls are considered an event that may be predicted and prevented.

15% of long term care residents who have a broken hip return to their normal functioning. The remaining 85% are monitored closely for risk factors.

The majority of falls that occur in long term care take place in or when going to the bathroom.

Eastern Health's Fall Prevention and Intervention Program helps us work with residents who are at risk for falls to help improve their quality of life, safety, independence and well-being.

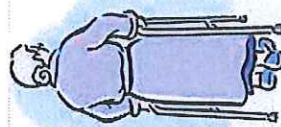
## FALL PREVENTION AND INTERVENTION PROGRAM

### BENEFITS:

- REDUCED INJURY
- IMPROVED QUALITY OF LIFE
- MAINTAIN OPTIMAL INDEPENDENCE
- PROMOTE WELL BEING

The goal of fall prevention programs is to decrease injuries for residents, particularly those who are most at risk for falls.

All residents in long term care are assessed for fall risk upon their admission and then every 3 months. Residents are also re-assessed if their health condition changes or if they fall.



## FALL PREVENTION AND INTERVENTION PROGRAM

The resident's care plan is individualized based on their fall risk assessment. Those residents that score in the high risk category have more specific interventions in their plan of care.

Fall Prevention is an interdisciplinary and collective approach. Physiotherapists, Occupational Therapists, Recreation Therapists, Physicians and Nursing staff are all involved.



## PREVENTATIVE MEASURES

### EASTERN HEALTH SUPPORTS THE USE OF PREVENTATIVE MEASURES TO REDUCE THE LEVEL OF FALL RISK FOR ALL RESIDENTS OF LONG TERM CARE

These preventative measures include:

- ◆ Medication reviews
- ◆ Consults to Physiotherapy
- ◆ Consults to Occupational therapy
- ◆ Consults to Clinical Nutrition
- ◆ Consults to Recreational therapy
- ◆ Unit/environment assessment
- ◆ Maintenance of equipment
- ◆ Adequate lighting in rooms
- ◆ Low height beds
- ◆ Non skid footwear
- ◆ Hip protector assessment