

2019 WISCONSIN
ASSISTED LIVING ASSOCIATION
SPRING
CONFERENCE



THE IMPORTANCE OF A COMPANY-WIDE FALLS MANAGEMENT PROGRAM

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Friday, March 15

10:30 A.M.

Falls Management Universal Precautions

Residents

- Discuss fall risks with new prospects, residents and families at discovery, admission and ongoing
- Assess each resident for fall risks using a standardized tool and method
- Identify, communicate and implement interventions for each resident identified as a fall risk
- Offer exercise programs to improve resident mobility, strength, and balance

Resident and Family Education

- Safety awareness that will prevent accidents including falls
- The importance of acting in a safe manner at all times
- Reasons older adults fall
- Specific conditions and medications that increase falls risk
- Environmental safety
- Use of assistive devices and aids
- Post fall “Huddle” purpose, procedure and outcome

Community

- Provide Culture of Safety leadership and focus on the topic of Falls Management
- Develop a Falls Management Team and analyze fall management effectiveness
- Assess and correct environmental factors that contribute to fall risk- Situational Awareness
- Conduct post-fall management, which includes:
 - Post-fall huddle
 - Reassessment of resident interventions
 - A process for honest, transparent reporting
 - Trending and analysis of falls which helps to inform improvement efforts

Staff

- Review the staffing plan and adjust for the needs of residents who are at risk
- Educate staff on fall risks and prevention strategies
- Provide training that includes:
 - Reasons older adults fall
 - What they need to understand about their residents

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- What they need to look for in the environment
- Transfer techniques including the use of assistive devices
- Post fall “Huddle” purpose and outcome- Naturalistic Decision Making
- The importance of acting in a safe manner at all times
- Steps to take that will prevent accidents including falls

Environmental Assessment

- Establish a process to monitor the environment on a routine basis
- Create checklists specific for the areas assessed: common areas, indoors and outside, residents’ rooms / bathrooms
- Train managers and staff on:
 - Frequency of assessments
 - What to do if problems are identified
 - Report and analyze findings

Handrails and Grab Bars

- Verify that hallway handrails are at the correct height and usable
- Verify that grab bars in the toilet and shower areas are securely fastened to the wall and at the right location for ease of use

Lighting

- Non-glare
- In room lights
- Bathroom lights
- Keep all areas bright without glare
- Determine if lights should be left on or put on a motion sensor
- Bedside lights easy to reach

Floor Surfaces

- Provide non-skid mats
- Remove all throw rugs
- Use low pile carpets
- Check for and install low slip friction flooring
- Replace or repair ripped, torn or buckling flooring
- Eliminate irregular transitions and flooring surfaces such as doorway thresholds
- Prevent wet surfaces and clean spills immediately
- Choose patterns that highlight changes in floor levels and do not appear as holes in the floor

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Furnishings and Design

- Non slip feet on tables, chairs, beds, no wheels or have wheel locks that work
- Check furniture for structural stability on an ongoing basis
- Arm rests on chairs that provide support when getting up and down
- Chairs and sofas that a person can sit at with legs at 90 degrees
- Remove coffee tables, stools or other furniture objects that are in walking paths
- No sharp edges on furniture
- Higher toilets with grab bars to get on and off
- Shower seats and hand-held showers
- Contrasting colors that help to identify transitions from floor to wall
- Avoid monochromatic color schemes and use non glare paint
- Seating to rest is placed at regular intervals

Trip Hazards

- Inspect the room for cords that can cause a trip hazard
- Secure oxygen tubing in a manner that prevents it from tripping the resident
- Remove clutter and put items that the resident uses within reach

Resident

- Footwear
 - Non-skid textured sole
 - Closed or laced to hold onto the foot
 - Broad flared midsole to increase contact with the ground
 - Firm heel collar
- Clothing
 - Not loose around the middle
 - Pant/slack length top of shoes
 - Avoid over the head tops – use of hoods
 - Assistive devices : correct fit, proper use, routine maintenance

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