

## Core Elements of a Fall-reduction Program for Healthcare Business Owners

RISK CONTROL MEASURES	COMPLIANT? (YES/NO)	ACTIONS NEEDED/ DATE OF COMPLIANCE
<b>RISK ASSESSMENT PROCESS</b>		
1. <i>Is every client evaluated for risk of falling, utilizing a fall-assessment tool that considers the following factors, among others:</i> <ul style="list-style-type: none"> <li>▪ Previous fall history and associated injuries?</li> <li>▪ Gait and balance disturbances?</li> <li>▪ Foot and leg problems?</li> <li>▪ Reduced vision?</li> <li>▪ Medical conditions and disabilities?</li> <li>▪ Cognitive impairment?</li> <li>▪ Bowel and bladder dysfunction?</li> <li>▪ Special toileting requirements?</li> <li>▪ Use of multiple prescription and over-the-counter medications?</li> <li>▪ Need for mechanical and/or human assistance?</li> <li>▪ Environmental hazards?</li> </ul>		
2. <i>Are higher-risk clients identified, including those who experience recurrent falls or have multiple risk factors?</i>		
3. <i>Are higher-risk clients referred to their physician for a more thorough assessment?</i>		
4. <i>Is a home safety check conducted prior to commencement of services?</i>		
5. <i>If safety problems are detected in the home, are corrective actions recommended to the client as part of the service agreement?</i>		
6. <i>Are direct care staff members involved in the initial client assessment, as well as ongoing reassessment efforts?</i>		
7. <i>Are services regularly assessed and modified in response to changes in the client's condition?</i>		
8. <i>Are clients and families informed of salient risk factors, as well as basic safety strategies?</i>		
9. <i>Are all assessment findings documented and incorporated into the client service plan?</i>		
<b>STAFF EDUCATION</b>		
1. <i>Are educational in-service programs offered to direct care staff on a regular basis, and are attendance records kept?</i>		
2. <i>Do staff educational programs focus on skills training, such as how to use gait belts and assist with transfers?</i>		
3. <i>Do educational offerings examine the root causes of falls, as well as their prevention?</i>		
4. <i>Are staff members instructed to assess and document the client's condition at each visit, and also to:</i> <ul style="list-style-type: none"> <li>▪ Report any changes to the supervisor and family in a clear and timely manner?</li> <li>▪ Perform frequent home safety checks?</li> <li>▪ Reinforce fall-reduction tactics with clients and family?</li> <li>▪ Encourage clients to ask for assistance with risky tasks?</li> <li>▪ Keep accurate, detailed records of client encounters?</li> </ul>		
5. <i>Is emotional support provided to the client after a fall, and to the caregiver as well?</i>		

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<b>POST-INCIDENT ANALYSIS</b>		
1. <i>Are all client falls reviewed for quality assurance purposes, including analysis of root causes and tracking of trends?</i>		
2. <i>Does the post-fall analysis require caregivers to describe the circumstances of the fall, and also to:</i> <ul style="list-style-type: none"> <li>▪ Identify major causal factors, both personal and environmental?</li> <li>▪ Indicate the client's functional status before and after the fall?</li> <li>▪ Note medical comorbidities?</li> <li>▪ List witnesses to the fall?</li> <li>▪ Suggest interventions to prevent or mitigate future falls?</li> </ul>		
3. <i>Is the post-fall analysis thoroughly documented, and are findings incorporated into quality assurance and/or incident reporting programs?</i>		

## RESOURCES

The following organizational and agency websites provide a wide range of information on fall prevention and gerontological health:

- American Academy of Family Physicians at [www.aafp.org](http://www.aafp.org).
- American Geriatrics Society at [www.americangeriatrics.org](http://www.americangeriatrics.org).
- Centers for Disease Control and Prevention, fall prevention information for older adults, at <http://www.cdc.gov/HomeandRecreationalSafety/Falls/index.html>.
- Fall Prevention Center of Excellence at [www.stopfalls.org](http://www.stopfalls.org).
- National Council on Aging at [www.ncoa.org](http://www.ncoa.org).
- National Institute on Aging, one of the National Institutes of Health, at [www.nia.nih.gov](http://www.nia.nih.gov).



1-888-600-4776 [www.cna.com/healthcare](http://www.cna.com/healthcare)



1-888-288-3534 [www.nso.com](http://www.nso.com) [www.hpso.com](http://www.hpso.com)

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