

# Elder Friendly e-Zine



## November 2010 – Issue 12 – Falls & Injury Prevention

The Elder Friendly e-Zine will always have pearls of geriatric and elder friendly knowledge, and an introduction to things that will make you go hmmm....

Look for the e-Zine once a month – there will be leading practice in geriatric care, guest articles, and contests.

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### November 1 – 5 BC Falls Prevention Week

*Prevent Falls/Reduce Injuries!*



Use these questions every day:

- 1. Do you need to use the toilet?**
- 2. Do you have any pain or discomfort?**
- 3. Do you need anything before I leave?**

Asking these questions will:

- \* reduce the risk of falls
- \* decrease call bell use
- \* increase patient satisfaction

### Safe environment

- Bottom bed rails down unless assessed otherwise
- Pathways clear of clutter and tripping hazards
- Bed and chair brakes are “on”
- Lights are working and “on” as required

### Assist with mobility

- **Mobilize** at least twice/day
- Safe and **regular** toileting
- Transfer / mobility assist **documented**

- Glasses, hearing and mobility aids within patient's reach

### Fall risk reduction

- Call bell in patient's reach
- Bed lowered to **patient's knee height**
- Personal items reachable
- Proper footwear available and in use

### Engage patient and family

- Discuss risk factors with patient and family
- Mutual Falls/Injury Prevention **plan developed**

**Prevent Falls  
Reduce Injuries**

Falls can have a major impact on our patients' quality of life and account for up to 40% of inpatient accidents. In 2008/09 there were 59 in-hospital hip fractures in FH Acute Care sites with an average hospital cost of \$18,000.

## FH Older Adult Program

### What Can I Do?

- ◆ Complete a **Quick Mobility Screen** to assess for safe mobilization
- ◆ Observe for any physical or cognitive changes on admission, on transfer to new unit, and after a fall
- ◆ Assess for risk factors including:

Behavioural

- History of falls
- Fear of falling
- Inattention
- Agitation/Restlessness

Biological

- Medications
- Dehydration
- Cognitive Impairment
- Sleep disturbance

**Communicate regularly with interdisciplinary team**

**See FH Falls CPG**

### What are hip protectors?

Hip protectors are special garments (underwear, shorts, or pants) containing soft pads specifically designed to protect your hips during a fall.