

Patient Safety Bulletin of the Week

November 2020: **Falls Prevention and Injury Reduction (ROP)**

What is falls prevention?

Falls prevention is a safety priority & can increase quality of life for individuals and reduce cost to the health care system



Helpful tips!

Complete your falls risk assessments and implement fall safety precautions to ensure there is a safe environment to prevent falls and reduce risk of injuries.

Make sure team members, volunteers, clients and families are provided with information to prevent falls and reduce injuries!

Three questions you can ask patients at risk for falls before exiting their rooms?

1. Do you need to use the washroom?
2. Do you have pain or discomfort?
3. Is there anything else I can get you?

Asking these simple questions can decrease the chance of falling, decrease the use of the call bell, and increase client satisfaction

How to Prevent Falls Pamphlet:

https://www.nthssa.ca/sites/nthssa/files/resources/prevent_falls_final_eng_0.pdf

How can I help patients prevent falls?

Safe environment

- Bottom rails down
- Pathways clear of clutter
- Bed and chair brakes on
- Light are working and on when moving

Assist with mobility

- Mobilize at least twice daily.
- Safe and regular toileting
- Glasses, hearing and mobility aids in reach.

Fall risk reduction

- Call bed within reach
- Bed lowered to patient's knee height
- Personal items reachable
- Proper footwear available

Engage patient and family

- Discuss risk factors with patient and family
- Mutual falls/injury prevention plan developed

The Falls Prevention Policy reinforces NTHSSA commitment to improve patient safety. See policy at ourNTHSSA: <https://ournthssa.ca/wp-content/uploads/2019/08/10-07-V1-Policy-Falls-Prevention-final.pdf>

