Falls Prevention in Care Homes
Simple Steps to Take

Keeping walking aids close at hand

Make sure patients stay well hydrated

Making sure the patients are wearing their glasses/hearing aids when moving

Making sure the call bell is within reach

Making sure the patient’s chair is the right height

Make sure footwear is not hazardous

Making sure trip hazards are pointed out to patients and kept to a minimum

Requesting help to mobilise for trips to the toilet
Care Home Resident Falls and Fracture Risk/Intervention Tool

**Mobility/Balance**
Is the resident unsteady, have mobility problems or a fear of falling?
- Moving and handling assessment
- Supervision plan
- Encouraging safe activity with use of appropriate walking aids
- Referral to physiotherapy
- Assessment for hip protectors
- Monitoring of alcohol intake

**Confusion/cognitive**
Is the resident cognitively impaired?
Is the resident more confused than normal?
- Current health e.g. pain, dehydration or constipation
- Ruling out infection/delirium
- Seeking advice from GP/CPN
- Optimising environmental safety
- Telehealthcare
- Promoting safe exercise and activities
- Assessment for hip protectors

**Falls History**
Have there been previous falls?
If so, how many, what were the causes and consequences?
- Pre-admission strategies
- Supervision plan
- Using walking sticks as required
- Encourage safe activity
- Referral for further assessment e.g. Physiotherapist, GP, or falls service if high risk, unexplained falls or several recent falls
- Assessing for hip protectors

**Medication**
Is the resident taking psychotropics, benzodiazepines or other high risk drugs?
Is the resident taking 4 or more medications a day?
- Asking about and observing for symptoms of dizziness/drowsiness
- Checking Blood pressure (lying and standing)
- Medication review by GP
- CPN review

**Bone Health**
Does the resident have Osteoporosis?
Does the resident have Osteoporosis risk factors?
- Taking osteoporosis medication and/or calcium and Vitamin D as prescribed
- Discussing bone health with GP
- Lifestyle advice e.g. calcium rich diet, safe sunlight exposure, sensible alcohol intake, smoking cessation and weight-bearing activity.
Care Home Resident Falls and Fracture Risk/Intervention Tool

- **Dizziness/Blackouts**: Is the resident appear dizzy or have any fainting attacks?
  - Consider:
    - GP review including medication review
    - Checking lying and standing blood pressure
    - Referral to Falls Clinic

- **Vision/Hearing**: Is the resident have any impaired sight or hearing?
  - Consider:
    - Ensuring glasses and hearing aids in place and in good state of repair
    - Ensure good lighting
    - Check for ear wax
    - Referral to opticians/audiology

- **Environment**: Is the environment suitable and safe?
  - Consider:
    - Orientating resident to environment
    - Using the ‘Environment Assessment Tool’
    - Aids, appliances and/or signage

- **Foot and Foot care**: Is footwear suitable? Are there any foot health problems?
  - Consider:
    - Discussing with resident and family suitable footwear
    - Introducing a foot care regime
    - Referral to podiatry

- **Continence**: Are there any incontinence issues? Incontinence, urgency or frequency?
  - Consider:
    - Checking for infection
    - Toileting regimes
    - Positioning near toilet
    - Referral to DN or continence service
    - Appropriate clothing
    - A commode or urinal
    - Using night lights

- **Poor nutrition**: Does the resident have poor food intake? Is the resident underweight?
  - Consider:
    - Referral to GP or dietician
    - Starting a food record chart (as advised by GP or dietician)
    - Food supplements (as advised by GP or dietician)
    - Encouraging good fluid intake