



Free of Accident Hazards Supervision to Prevent Accidents/Devices



Presented by
Chris Osterberg RN, BSN
Pathway Health Services

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Our Mission Insight | Expertise | Knowledge

- This workshop will integrate falls risk assessment, principles of QAPI, and person-centered care.
- A case study example will demonstrate practical application of investigation techniques and findings as well as current evidence-based interventions.
- The goal of this session is to give you the tools to develop an effective Falls Prevention Process Improvement Program.

2

Michigan Initiative Insight | Expertise | Knowledge

Michigan Fall Prevention Partnership

Formed in 2006 with members from health care, public health, the aging network, academia & professional organizations representing healthcare providers.

Mission

Bring fall prevention efforts into the mainstream of health care efforts & the design of home & community environments to maximize health & independence for older adults.

3



Save the Date - NCOA Insight | Expertise | Knowledge

Falls Prevention Awareness Day

The 6th annual National Falls Prevention Awareness Day (FPAD) - *Sept. 22, 2013* to promote and increase public awareness about how to prevent and reduce falls among older adults.

Preventing Falls—One Step at a Time, seeks to unite professionals, older adults, caregivers, and family members to play a part in raising awareness and preventing falls.

5



The I's in Team

6



Components in Common Insight | Expertise | Knowledge

- Achieving Excellence
- QAPI
- Interact
- CMS Mandates



7

Important QAPI Principles: PCC Insight | Expertise | Knowledge

Person-Centered Care

Person-centered care (PCC) is a journey that moves decision-making directly to the individual **despite frailty, cognitive impairment** or the location in which services are provided.

PCC includes the valuable input of care partners & integrates all aspects of daily life, creating environments where people can truly thrive & grow



8

Deficit to Strength Focus Insight | Expertise | Knowledge

To look at an individual in a different way.

To assist the focus person in gaining control over their own life.

To increase opportunities for participation in the community.

To recognize individual desires, interests, and dreams.

Through team effort, develop a plan to turn dreams into reality.

<http://www.carf.org/Programs/ProgramDescriptions/AS-Person-Centered-Long-Term-Care-Community/>

9

Start at the Top Insight | Expertise | Knowledge

Leadership cultivates relationships among persons served, families/support systems, and personnel.

They commit to continuous learning and growth, empowerment, responsiveness, and spontaneity.

<http://www.carf.org/Programs/ProgramDescriptions/AS-Person-Centered-Long-Term-Care-Community/>

10

QAPI Principles - Staff Driven Insight | Expertise | Knowledge

Include staff members at all levels, all departments, in program development, implementation & support.

Leaders facilitate, provide resources, and coach-

ALWAYS include your care giving staff in decision making



11

Resident/Family Alliances Insight | Expertise | Knowledge

Establish commitment to Falls and Injury Prevention

Market your commitment

Pre-admission considerations

Admission assessment in-put

ALWAYS include them in assessment findings & Education if responsible, or with resident permission



12



Every Moment Counts

13



Assessment Recommendations Insight | Expertise | Knowledge

History & Root Causes Documentation

Current Status

- Footwear
- Seating
- Standing
- Transfers
- Toileting status



Resident & family response to commitment, immediate care plan measures

14

Past & Current H & P's Insight | Expertise | Knowledge

Read it all, look for:

Differences from current presentation

Medications

Safety measures

Resident & Family Impressions

Past care giver perspectives

15

What to Watch Insight | Expertise | Knowledge

TIMED GET UP AND GO TEST

1. Patient is in a seated position.
2. Place a visible object 8 feet away from the patient.
3. Have the patient get up and walk around the object and sit back down.

Allow them to practice once.
Then time them 3 times.



Scores greater than 8.5 seconds are associated with high fall risk in community-dwelling older adults.

16

Seating Challenges Insight | Expertise | Knowledge

- Ideal sitting posture is unnatural.
- People slide into a position of comfort and support. However . . . everyone fatigues out of the ideal sitting posture.
- Body type and disability often prevent ideal sitting posture.



17

Why Alarms Don't Work Insight | Expertise | Knowledge

"The body registers noise pollution as assaultive. The automatic tightening of muscles to armor (protect) and defend themselves produces sensations that range from mild discomfort to extreme pain. Gentle, appropriate touch can help the body to relax without more intrusive intervention.
Caring touch can restore equilibrium and balance."

Integrating Touch Into Our Daily Interactions
Posted on [June 20, 2013](#) by [Glenn Blacklock](#)

18

First-Understand Movement Insight | Expertise | Knowledge

The body must move to function

It is unnatural and dangerous to prevent movement



19

Effects of Restricting Movement Insight | Expertise | Knowledge

Circulation <ul style="list-style-type: none">• Varicosities• Thrombosis• Reduced cardiovascular performance• Skin impairment• Pain	Respiratory <ul style="list-style-type: none">• Decreased gas exchange• Poor cell nourishment• Pooled secretions – atelectasis• Infections• Pain
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20

Effects of Restricting Movement Insight | Expertise | Knowledge

Musculoskeletal <ul style="list-style-type: none">• Stiffness• Muscle atrophy• Loss of strength• Loss of bone density• Contractures• Pain	Skin <ul style="list-style-type: none">• <i>Reduced circulation</i> = \downarrow <i>oxygen & nourishment to cells</i>• Loss of moisture and elasticity• Infection• Pressure sores• Pain
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21

Effects of Restricting Movement Insight | Expertise | Knowledge

Gastrointestinal <ul style="list-style-type: none">• Anorexia• Decreased peristalsis = Poor digestion• Constipation• Negative calcium & nitrogen balance leads to protein deficiency & tissue breakdown	Genitourinary <ul style="list-style-type: none">• Urinary stasis• Incontinence• Urinary Tract Infection <p style="text-align: center;"><u>PAIN</u></p>
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22

Pain Insight | Expertise | Knowledge

Untreated, pain leads to:

- Restlessness
- Irritability
- Depression
- Reduced mobility
- Atrophy



23

Quality of Life Suffers Insight | Expertise | Knowledge

- ↓ Sensory input & output
- ↑ Stress and anxiety
- ↓ Socialization
- ↓ Engagement with life
- ↓ Self-direction & control
- ↓ Independence



24

What's *Your* Response to Alarms? Insight | Expertise | Knowledge

Remain in place, wait for direction?

Get up to see what's wrong?

See what you can do to help?



25

Critical Investigation Elements Insight | Expertise | Knowledge

Environmental review at the time of the event by on-shift staff

- Make immediate modifications
- Add to care plan immediately
- Communicate interventions & rationales immediately



26

Can You Predict the Next Fall? Insight | Expertise | Knowledge



27

Fall Commonalities Insight | Expertise | Knowledge

INDEPENDENT WALKING



28

Use of Devices Insight | Expertise | Knowledge

- Watch them in action to assess correct use
- Therapies evaluation to identify modifications
- Do not let the device be a potential case for falls



29

Making Rounds / Supervision Insight | Expertise | Knowledge



30

Who Should Observe and Correct

Insight | Expertise | Knowledge



7

Assess As You Go

Insight | Expertise | Knowledge



32

Safety Rounds

Insight | Expertise | Knowledge



33

Anticipate Medication Risks Insight | Expertise | Knowledge

Do not wait until a fall happens to check for:

- Effects
- Side effects
- Interactions



Plan for Falls Prevention!

34

Effects Of Medication Insight | Expertise | Knowledge

Medications for:
Blood Pressure Angina Parkinson's Disease
Urine Output Constipation Heart Rate &/or Rhythm

- Getting up quickly from sitting or lying down, can cause dizziness, fainting
- Mineral loss from diuretics (water pills) and over use of laxatives can also cause weakness, especially in leg muscles;
- Heart rate can become too slow or rhythm may become irregular

35

Anticoagulants Insight | Expertise | Knowledge

Excessive decrease in ability to form blood clots can cause bleeding, leading to anemia, weakness & dizziness.

Watch for bruising easily, unusual bleeding around gums, blood in urine, or rectal bleeding.



See pamphlet:
[Blood Thinners: Risk Factors Associated with Falling and What to Do When You Fall](#)

36

Psychotherapeutics Insight | Expertise | Knowledge

- Involuntary movements
- Low blood pressure with position changes
- Heart rhythm changes
- Cause drowsiness, imbalance, incoordination, slowed reactions, dizziness, confusion.
- Poor impulse control
- Hyperglycemia



37

Mandatory Return Demonstration Insight | Expertise | Knowledge

Practice to reinforce

Stand up slowly after sitting or lying down.

If lying down, sit up first, remain seated for a few minutes, then stand slowly



38

Effects Of Medication Insight | Expertise | Knowledge

Medications for:
Allergies/Cold Symptoms Anxiety
Depression
Pain Sleep problems

- Can cause drowsiness, confusion, slowing of reactions, imbalance & incoordination, especially if taking medicine from more than one of these groups.

Avoid over-the-counter (OTC) antihistamines (also found in some OTC sleep aids).

39

High Fall Risks - Compensate Insight | Expertise | Knowledge

Muscle weakness – <i>Exercise, therapy</i>	Arthritis, Degenerative Joint Disease – <i>Exercise, therapy</i>
Gait problems - <i>Exercise, devices, modifications, therapy</i>	Impaired ADLs – <i>Exercise, therapy, devices, modifications</i>
Balance problems- <i>Exercise, therapy, devices</i>	

40

Photo by Samantha Whitefeather Insight | Expertise | Knowledge



41

Resources Insight | Expertise | Knowledge

NCOA – Excellent Resources- Falls Prevention Day – September 22, 2013
<http://www.ncoa.org/improve-health/center-for-healthy-aging/falls-prevention/falls-prevention-awareness.html>

National initiative web site - videos and educational materials.
Celebrate Fall Prevention Awareness Week - September 22 – 28, 2013.
http://www.stopfalls.org/service_providers/sp_bm.shtml

Michigan Falls in the Elderly rates 2011
http://www.michigan.gov/documents/mdch/falls_factsheet_fina_l_390532_7.pdf

42

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Falls Prevention brochure for distribution
http://www.michigan.gov/documents/Fast_Facts_About_Older_Adult_Falls_in_Michigan_167793_7.pdf

Veteran's Administration projects
<http://www.visn8.va.gov/patientsafetycenter/fallsTeam/>

VA Falls Prevention Tools and Programs
<http://www.patientsafety.va.gov/SafetyTopics/fallstoolkit/index.html>

Institute for Person Centered Care
<http://ubipcc.com/>

43

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http://www.patientsafety.va.gov/SafetyTopics/fallstoolkit/media/morse_falls_pocket_card.pdf

Vibrant Living Concepts
<http://blog.actionpact.com/2013/07/29/vibrant-living-prevents-falls-and-eliminates-need-for-alarms/>

<http://actionpact.com/index.php/product/eliminating-alarms-and-reducing-falls-by-engaging-with-life>

Sue Ann Guildermann, RN, BA, MA. [Effective Fall Prevention Strategies Without Physical Restraints or Personal Alarms](#)
Empira, 4/24/2012 Webinar for Stratis Health

44

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Willy BA; Wheelchair Seating for Elders; On line pamphlet prepared under contract for Mountain Pacific Quality Health– Wyoming 2010. <http://www.mpqhf.com/WCSbooklet508.pdf>

Illustrations by Chris Willy; Web publication by Mountain Pacific Quality – Wyoming's 9th Scope of Work CMS; Wheelchair Seating for Elders by BA Willy.

<http://www.carf.org/Programs/ProgramDescriptions/AS-Person-Centered-Long-Term-Care-Community/>

45

Practice Promotes Success

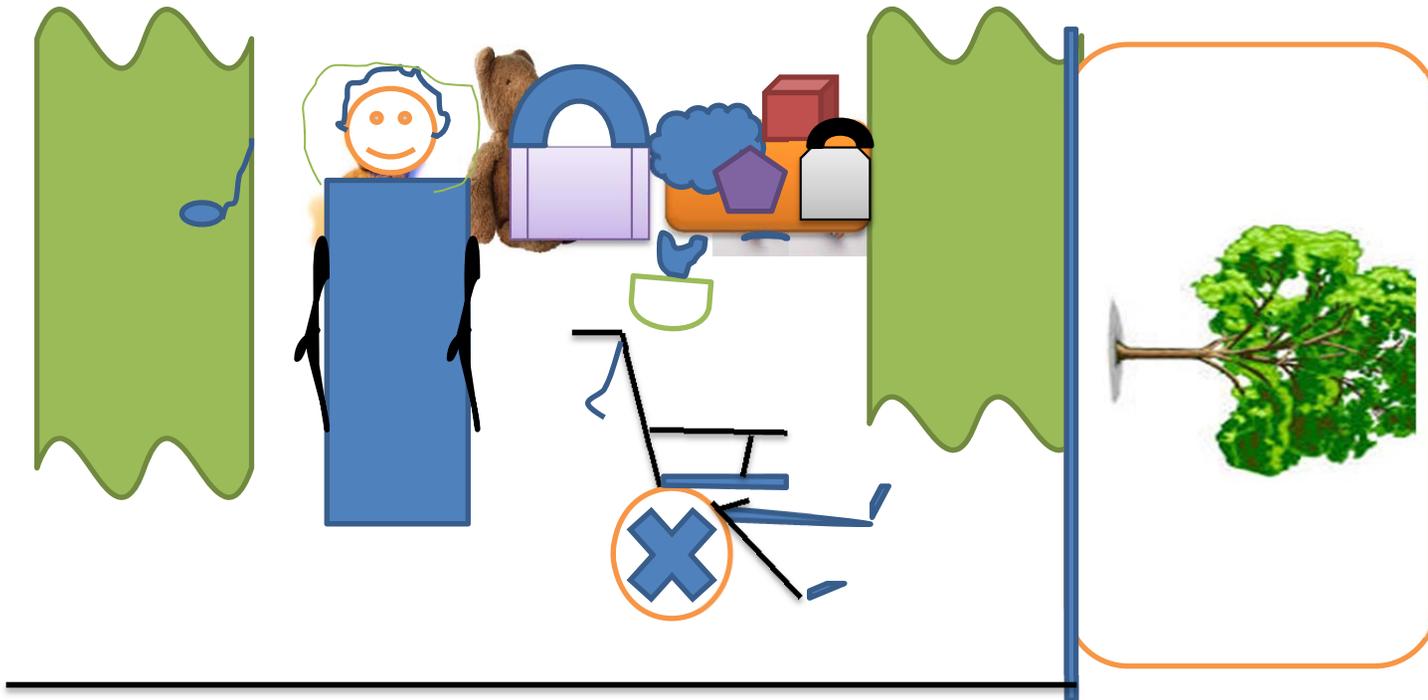
Insight | Expertise | Knowledge

Let's take a look at the handouts and work through an actual case.



46

MARY



Mary fell yesterday. She was lying on her side, her head near the basket with the blue bunny she likes to keep on the floor. She couldn't explain, but you know she loves to go into the drawers in the chest by the window. She gets around in her wheelchair, propelling with her hands on the wheels. In use are bed & chair alarms.

Based on the above information & what you see, identify possible causes of the fall, & what you can do to reduce fall risks.

RISK MANAGER UPDATE

The furniture was rearranged and now resident friendly.

Foot rests removed to accommodate to get close to her dolls and drawers.

Therapy picked her up.

The one thing I did notice yesterday is that she is not using her feet to propel herself.

It's not that she can't, it's probably because she is not used to having the foot rests off.

Also I took the bed rails off.

She was found moving to the end of bed, getting up and walking around her bed.

The string alarm removed because she takes it off. Not helpful.

Having her family bringing in tie shoes.

Only has loose fitting slippers.