

## FALLS PREVENTION STRATEGY

The team implements and evaluates a falls prevention strategy to minimize client injury from falls.

### GUIDELINES

Falls may lead to client injury, increased health care costs, and possibly claims of clinical negligence.

Falls prevention programs may include but are not limited to staff training, risk assessments, balance and strength training, vision care, medication reviews, physical environment reviews, behavioural assessments, and bed exit alarms. Possible measures to evaluate a falls prevention strategy may include tracking the percentage of clients receiving a risk assessment, falls rates, causes of injury, and balancing measures such as restraint use. Conducting post-fall debriefings may also assist to identify safety gaps, and to prevent the recurrence of falls..

In Canada, Safer Healthcare Now! has identified falls prevention as a safety priority. Reducing falls and fall injuries can increase quality of life for clients and reduce costs associated with serious injury from falls.

### TESTS FOR COMPLIANCE

Major	• The team implements a falls prevention strategy.
Major	• The strategy identifies the populations at risk for falls.
Major	• The strategy addresses the specific needs of the populations at risk for falls.
Minor	• The team establishes measures to evaluate the falls prevention strategy on an ongoing basis.
Minor	• The team uses the evaluation information to make improvements to its falls prevention strategy.

### REFERENCE MATERIAL

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