



## Saskatchewan Health Authority

### **Saskatchewan Health Authority defines a “fall” as:**

“An unexpected event that results in a person coming to rest on the ground or floor or lower level with or without injury.” (Lamb 2005)

This includes:

- An unwitnessed fall where the person is unable to explain the event and there is evidence to support a fall occurred;
- Where a person is eased to the floor by a staff or family member

### **There are 5 main components to Fall Prevention and Injury Reduction Model (adapted by Safer Health Care Now, 2013)**

#### **1. Universal Falls Precautions S.A.F.E) – The Basic Minimal Standard for fall Prevention**

**\*\*Applies to ALL clients, patients and residents\*\***

##### **S**afe environment

*Reducing clutter, brakes, adequate lighting, and bed rail use/un use.*

##### **A**ssist with mobilization

*Mobilize two to three times per day. Regular toileting, TLR documentation and safe transfer's, aides in reach*

##### **F**alls risk reduction

*Call bell/personal items in reach, bed at appropriate height, proper footwear, and frequent checks*

##### **E**ngage patient, resident, client and family

*Discussions on risk factors with a mutual plan developed, continued education on Fall Prevention for all, orientated and reoriented to surroundings.*

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**All patients, residents and clients have risk factors for falling. OUR goal is to reduce them. Everyone should be involved in learning about and preventing falls.**



#### **2. Comprehensive Risk Assessment (Understand the risk factors): Complete a multifactorial screen**

and/or assess clients on admission, on a regular schedule/basis, following a change in status and post fall. **This includes assessing for the risk of injury and be a interdisciplinary approach.**

#### **3. Communication and Education:** Educate and discuss with staff, clients and family on the results of assessments, risks of falls and related injuries and fall prevention strategy. **Includes documentation.**

#### **4. Implement Interventions for those at risk of falls and risk of injuries:** Including detailed holistic individualized care plan that targets risk factors includes safety checks, environmental checks, the clients/families wishes as well as follow ups/ investigations of falls to determine contributing factors and quality improvement

#### **5. Evaluation: record and report falls and related injuries in your area.** Analyze falls and trends and the processes for improvement



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