

Fall Risk Assessment / Fall Reduction Plan

Patient Name: _____

Risk Factors	√ all that apply
History of falls: ≥2 falls in last month	
Age: 70 or older	
Mental Status: Agitated or confused	
Sensory deficit: Blind / Deaf / Cataracts /not using corrective devices	
Musculoskeletal/Activity level: Dependent on others for ambulation	
Toileting: Out of bed and needs assistance; may have episodes of incontinence	
Diagnosis: Predisposing diseases (CVA, Parkinsons, Arthritis, etc)	
Environmental factors: Cluttered walkways / crowded furniture	
Environmental factors: Ambulatory with use of Oxygen	
Medications: Takes medications that may cause vertigo or instability	
TOTAL CHECKED	

Level of Risk is HIGH if 2 or more are checked. Implement fall reduction plan appropriate to patient.

Fall Reduction Plan

**** Indicate appropriate interventions**

<p>History of falls</p> <ul style="list-style-type: none"> - Obtain a detailed fall history and assess for patterns (example - time of day, after medication, activity at the time of the fall, environmental factors). - Implement appropriate interventions depending upon assessment. - Indicate patient a high fall risk in the IDT POC. 	<p>Impaired Mental / Emotional Status</p> <ul style="list-style-type: none"> - Provide frequent re-orientation. - Consider a bed or chair alarm. - Assess patients' anxieties and re-assure patient while providing care. Consider an anti-anxiety medication. - Provide referrals if indicated.
<p>Sensory Deficits</p> <ul style="list-style-type: none"> - Provide referral to obtain corrective devices if there is an assessed need. - Assess for appropriate use of corrective devices and provide education as issues are identified. 	<p>Musculoskeletal / Gait / Balance</p> <ul style="list-style-type: none"> - Assess for the need for assistive devices. - Assess for appropriate use of aids and provide education as issues are identified. - Provide education regarding safe and appropriate footwear. - Provide a referral for PT, if appropriate
<p>Toileting</p> <ul style="list-style-type: none"> - Develop an appropriate continence management plan for the patient. - Instruct patient to request assistance from caregiver prior to attempting toileting. 	<p>Environmental Factors</p> <ul style="list-style-type: none"> - Ensure patients' bed / chair are appropriate height. - Instruct patient / caregiver to remove clutter and provide a clear walkway. - Stabilize any furniture the patient may use for balance when ambulating. - Instruct patient / caregiver to remove any throw rugs and / or secure any loose carpet. - Educate on the importance of adequate lighting.

Assessor _____

Date _____