

Quick Reference Guide

Falls: Managing Risk

Strategies for Minimising the Risk of Falls

Medical Conditions

e.g. Incontinence, Cognitive Impairment

- Use falls alarm devices
- Conduct regular rounds
- Support residents to maintain a regular toileting schedule
- Check for acute delirium

Medications

- Conduct regular medication reviews
- Check for any undue side effects
- Look out for high risk medications

Psychosocial & Demographic Factors

- Support residents to maintain a well-balanced diet with adequate fluids
- Encourage residents to spend time outside every day (if possible) for Vitamin D
- Consider protein supplementation

Sensorimotor Function & Balance

- Encourage residents to have their vision & hearing checked regularly
- Keep glasses clean & in good condition
- Monitor & report changes in the ear
- Encourage balance and strengthening exercises
- Encourage gentle exercise
- Provide residents with a walking aid, where appropriate

Environmental Factors

- Keep corridors, walkways & bedrooms free from clutter and unobstructed
- Ensure that rooms have adequate light
- Be mindful that patterned floors cause perception issues for those with dementia
- Assess floors for wear and tear
- Ensure visible signage e.g. toilet signs
- Ensure beds and chairs are the correct height for the resident
- Ensure that footwear encloses the foot, is firm fitting and has good grip
- Report any abnormalities of the feet to the relevant health care professional

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