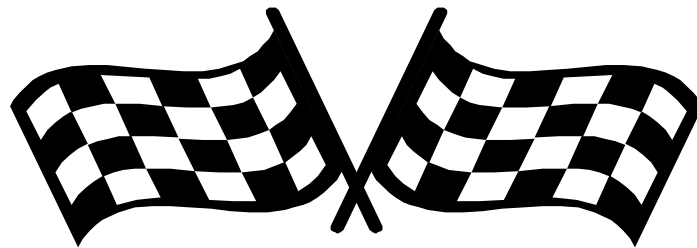


Home Health Quality Improvement National Campaign



Best Practice Intervention Fast Track Package Fall Prevention



Fall Prevention to Reduce Avoidable Acute Care Hospitalizations

Definitions:



- **Fall** - “An unintentional change in position resulting in coming to rest on the ground or at a lower level” (Missouri Alliance for Home Care)
- **Fall Prevention** – “A strategy that uses specific interventions to help specific patients or all patients avoid the risks of falling in an effort to reduce hospitalizations” (Briggs National Quality Improvement/Hospitalization Reduction Study, 2006)

Promote a Fall Prevention Program:



1. Assess to identify at-risk patients using **fall risk assessment** and clinical observation
2. Collaborate across skilled disciplines on OASIS accuracy to accurately capture fall risk
3. Select patient specific **interventions** for fall prevention
4. Pursue appropriate referrals from physician and managed care authorizations
5. **Communicate** patient’s fall risk status and planned interventions to interdisciplinary team
6. Include fall risk and prevention interventions in case conferences
7. Participate in agency’s fall prevention education

Fall Prevention Interventions:



- Nursing referral for medication management
- Physical therapy evaluation and treatment for balance training, strengthening, and gait training
- Occupational therapy evaluation and instruction for management of ADL/IADLs
- Medical social worker evaluation for social support
- Home health aide referral for assistance with bathing
- Maintenance exercise program
- Reduce hazards in the home
- Adequate nutrition and hydration
- Consider if fall(s) are a cardiovascular cause and contact physician for further intervention (orthostatic hypotension or cardiac arrhythmias)



**Be Proactive
Prevent Falls Before They Occur**

