



- I encourage facilities to have a written and formal fall program. This program should take a continuous quality improvement approach to falls. There are many ways to accomplish this, and I have provided some resources below. There are some interventions that probably should be implemented when a resident falls more than once and no root cause has been identified.

1. Post fall huddle (ASAP!)

- ASAP, with the CNAs and nurses that identified the fall
- Root cause analysis

2. Environment evaluation

- Accidental fall?
 - Spill on floor, trip on oxygen tubing, slipped in transition, etc...
 - Interventions planned
 - Review interventions daily for 30 days to assess success of intervention
 - Document intervention and efficacy of intervention.
- Change in condition?
 - New onset medical condition
 - Postural hypotension
 - Dizziness
 - confusion
 - new medication
 - progression of dementia or other chronic disease state

3. Vital signs.

4. Orthostatic blood pressure and heart rate

5. Check glucose

6. Alert physician

- Collect the information above within 24 hours.
- Once you have the above information collected, present the case to the patient's attending physician.

7. PT evaluation

8. Vision assessment – PT can do a functional visual assessment

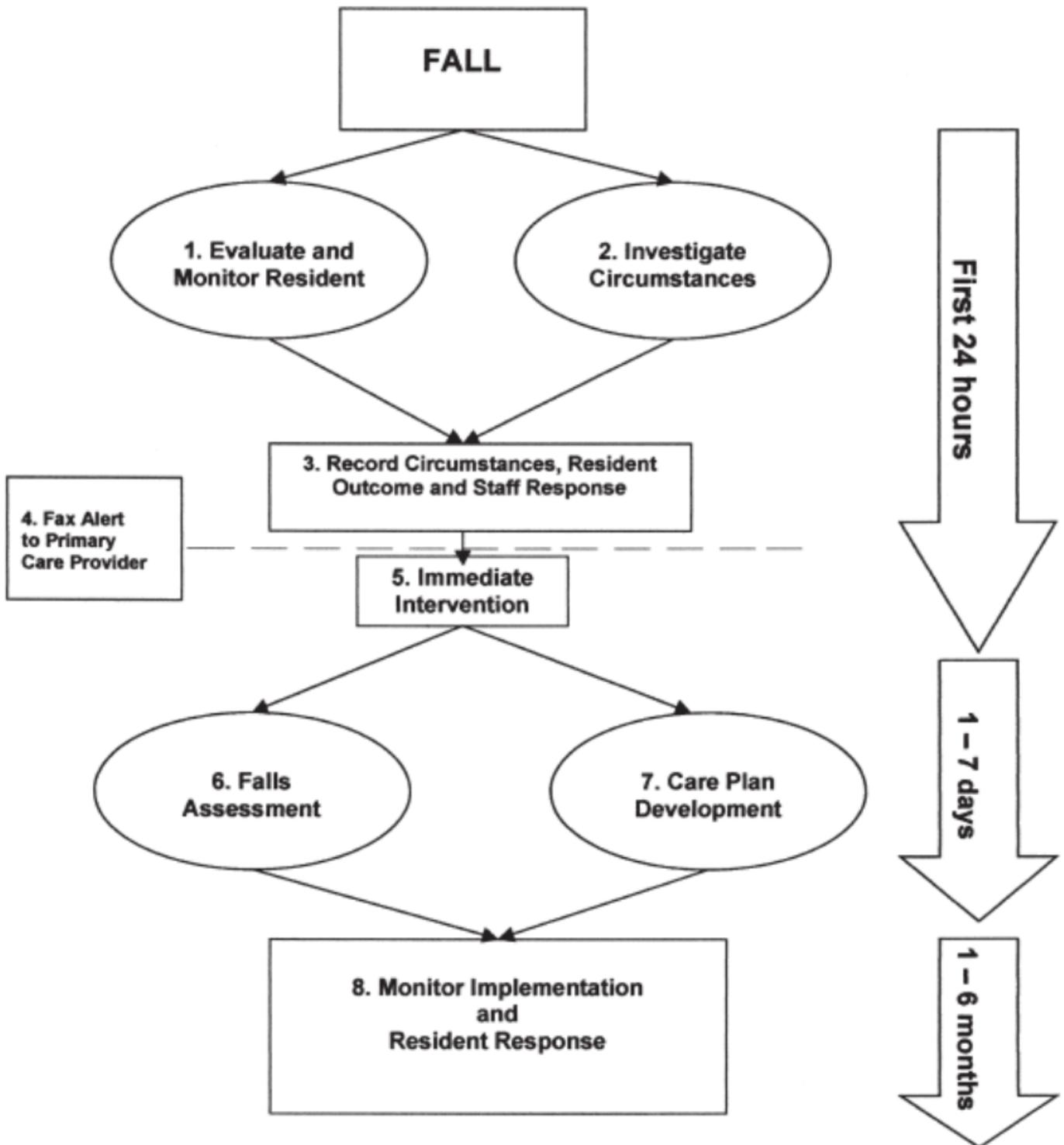
9. Physician evaluation for falls



- Physical exam and labs/imaging aimed at identifying causes of falling, weakness, dizziness, functional decline, or other potential change in medical status that could increase fall risk.
- Physician note outlining recognition of falls, plan for workup, potential causes, interventions, lab/imaging results, and expectation for successful interventions.

Intervention List:

<https://docs.google.com/spreadsheets/d/1UT32dAtnjoRRUtSytngcUWavwg0ZarkliIXEeMVY7m0/edit?usp=sharing>



[Fall Evaluation Tools - docShepherd](#)

[The Falls Management Program: A Quality Improvement Initiative for Nursing Facilities | Agency for Healthcare Research and Quality](#)



[Falls and Vision Impairment - docShepherd](#)