



Team Name: Primary Health Care Team Lead: Regional Director - Primary Health Care Approved by: Executive Director - North	Reference Number: CLI.6110.PL.002 Program Area: Primary Health Care Policy Section: General
Issue Date: October 30, 2019 Review Date: Revision Date:	Subject: Falls Prevention - Primary Health Care (PHC)

Use of pre-printed documents: Users are to refer to the electronic version of this document located on the Southern Health-Santé Sud Health Provider Site to ensure the most current document is consulted.

POLICY SUBJECT:

Falls Prevention - Primary Health Care (PHC)

PURPOSE:

Falls, and specifically fall-related injuries can result in pain and suffering for individuals and their families. Falls can result in hospitalization, moderate to severe injury (e.g. hip fractures and head injuries with residual deficits), and can increase the risk for early death in older adults. More than one third of individuals 65 years or older experience a fall. Fall-related injuries are the leading cause of injury for older adults across all Canadian provinces and territories and account for over 85 percent of all injury-related hospitalizations (Safer Healthcare Now! 2015).

While much research and data has focused on the incidence of falls and fall-related injuries to older adults, Southern Health-Santé Sud recognizes that **all** clients receiving services are at risk for falls.

This policy is intended to provide direction to PHC staff about the interventions to be taken to identify and decrease the risk for falls for clients in a PHC setting.

BOARD POLICY REFERENCE:

Executive Limitation (EL-02) Treatment of Clients
 Executive Limitation (EL-07) Asset Protection and Risk Management

POLICY:

Southern Health-Santé Sud is committed to client safety and well-being through injury prevention and risk reduction. The falls prevention program is implemented to decrease the risk of falls and the severity of injuries associated with falls when it does occur.

DEFINITIONS:

Client - For the purpose of this policy and its supporting documents, the terms Client, and Patient are synonymous.

Fall - A sudden change in position that results in a person coming to rest on the ground or at a lower level.

Fall Injury - An injury that results from a fall, which may or may not require treatment. The injury can be temporary or permanent and vary in the severity of harm.

Falls Risk Screening Tool - A systematic process used to identify a person's risk factors of falling. It is used to help identify which interventions to implement to assist in minimizing the risk of a fall.

Risk Factor - A feature of somebody's habits, genetic makeup, or personal history that increases the probability of disease, fall or harm to their health.

IMPORTANT POINTS TO CONSIDER:

- All clients are considered at risk to fall based on universal risk factors influenced by biology, behavior, socioeconomic status and the environment.
- Some clients may choose to accept the risk of a fall and may not want preventative measures or interventions taken to prevent a fall. It is important to have discussions with clients to outline the benefits of fall preventions and interventions, as well as possible outcomes of a fall. These discussions must be documented clearly.
- For more information about falls, fall prevention, and reducing injury from falls, refer to available on-line resources (see References at the end of this document).

PROCEDURE:

The procedure to prevent falls and reduce injuries from falls in PHC is a process that includes:

1. Implement Universal Falls Precautions (S.A.F.E. Falls) for all clients

- All staff working in PHC ask clients three questions before leaving a clinic/interview room:
 - Do you need to use the toilet?
 - Do you have any pain or discomfort?
 - Do you need anything before I leave?

2. **Screen clients for their risk of falls who are identified as part of a population identified with risk factors for falls**

- Provide the Staying on your Feet (SOYF) - Fall Prevention Checklist (CLI.6110.PL.002.FORM.02) to all clients over the age of 65 when they visit a PHC Setting and encourage them to complete on their own.
- Follow the instructions and complete the PHC Falls Risk Screening Tool (CLI.6110.PL.002.FORM.03) and a corresponding Your Fall Risk Factors Form (CLI.6110.PL.002.FORM.04) for clients who are part of a population identified with risk factors for falls.
- Implement individualized preventative measures/interventions based on the client's identified risk factors from the PHC Falls Risk Screening Tool (CLI.6110.PL.002.FORM.03).
- Document interventions on the Client's Health Record.

3. **Provide education and resources to decrease the risk of falls for clients who are identified at risk**

- Communicate any individualized preventative measures/interventions to prevent the risk of falls.
- Provide resources and materials to clients identified at risk for falls websites including:
 - www.preventfalls.ca
 - www.gov.mb.ca/health/hep/injury/falls.html
- Document interventions on the Clients Health Record.

4. **Assess each PHC setting for the risk for falls**

- Assess all PHC settings using the Fall Prevention Environmental Audit - PHC (CLI.6110.PL.002.FORM.01) minimally on an annual basis and as needed.
 - Annually in the month of November;
 - Following any significant change to the site such as construction;
 - After an incident or risk of a fall has been identified.
- Retain the completed Environmental Audit Tool on the PHC Collaborative Work Site for a year.
- Implement interventions to decrease the risk of falls as identified from the Environmental Audit Tool.

5. **Fall Prevention Awareness month**

- Promote Fall Prevention Awareness Month in PHC
 - Annually in the month of November;
 - Review Fall Prevention resources with staff at team meetings.

SUPPORTING DOCUMENTS:

CLI.6110.PL.002.FORM.01	Fall Prevention Environmental Audit – PHC
CLI.6110.PL.002.FORM.01.F	Fall Prevention Environmental Audit – PHC French
CLI.6110.PL.002.FORM.02	Staying on Your Feet Checklist
CLI.6110.PL.002.FORM.02.F	Staying on Your Feet Checklist – French

CLI.6110.PL.002.FORM.03	Primary Health Care Client Falls Risk Screening Tool
CLI.6110.PL.002.FORM.03.F	Primary Health Care Client Falls Risk Screening Tool – French
CLI.6110.PL.002.FORM.04	Your Fall Risk Factors Form
CLI.6110.PL.002.FORM.04.F	Your Fall Risk Factors Form – French

REFERENCES:

<https://www.gov.mb.ca/health/hep/injury/falls.html>

www.preventfalls.ca

www.patientsafetyinstitute.ca/en/Topic/pages/Falls.aspx

www.fallpreventionmonth.ca

www.saferhealthcarenow.ca

<https://safeforelders.com>

Safer Healthcare Now! (2015). Reducing Falls and Injuries from Falls: Getting Started Kit.

Available on-line. Retrieved January 11, 2017 at:

<http://www.patientsafetyinstitute.ca/en/toolsResources/Documents/Interventions/Reducing%20Falls%20and%20Injury%20from%20Falls/Falls%20Getting%20Started%20Kit.pdf>

Winnipeg Regional Health Authority (2011). Falls Prevention and Management: Regional Clinical Practice Guidelines. Available on-line. Retrieved January 11, 2017 at:

<http://www.wrha.mb.ca/extranet/eipt/files/EIPT-007-004.pdf>