



Team Name: Regional Home Care Team	Reference Number: CLI.5413.PL.001
Team Lead: Regional Director - Home Care	Program Area: Home Care
Approved by: Executive Director-East	Policy Section: Care Coordination
Issue Date: May 12 2016	Subject: Falls Prevention and Management
Review Date:	
Revision Date: February 10, 2017	

**POLICY SUBJECT:**

Home Care (HC) Falls Prevention and Management

**PURPOSE:**

To define, describe and document fall prevention, intervention and management strategies/procedures that will be implemented by all Southern Health-Santé Sud HC program staff to decrease the incidence of falls, fall events, and/or negative fall outcomes experienced by HC clients.

**BOARD POLICY REFERENCE:**

Executive Limitation (EL- 01) Global Executive Restraint and Risk Management

Executive Limitation (EL- 02) Treatment of Clients

Executive Limitation (EL- 03) Treatment of Staff

**POLICY:**

Southern Health Santé-Sud HC program is committed to client safety, well-being, and risk/fall reduction while promoting client independence. It is assumed that all clients accessing the HC program are at some degree of risk for falls or fall injury due to age and/or health conditions and co-morbidities. Universal population health and individual fall prevention, management and education/intervention strategies will be implemented consistently with all HC clients using a standardized fall risk assessment tool, required interventions, management strategies and program evaluation audits.

**DEFINITIONS:**

**Fall:** A sudden change in position that results in an individual coming to rest on the ground or lower level.

**Fall Risk Assessment:** A detailed and 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 off a fall.

**Injury:** Possible harm, damage or hurt sustained as a consequence 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:**

More than one third of individuals 65 years or older experience a fall and the risk increases with the more risk factors, health conditions, cognitive impairment and/or diagnosed history of falls an individual has. (Accreditation Canada, Preventing Falls: From Evidence to Improvement in Canadian Health Care, 2014)

Fall events are known to be the leading cause of injury for older adults across Canada and account for over 85 percent of all injury-related hospitalizations. (Safer Health Care Now, Reducing Falls and Injuries from Falls: Getting Started Kit, 2015).

Effective client care depends on a coordinated interdisciplinary approach, incorporating ongoing communication between health professionals', clients and their family members and supports, while keeping in mind the personal preferences and unique needs of each individual.

Southern Health-Santé Sud HC program is committed to safety of the client, the environment and the employee. Inappropriate/unsafe client handling practices can result in falls and injury to the client as well as the HC worker. Musculoskeletal injury (MSI) is the number one cause of injury among healthcare workers in Manitoba. (Manitoba Workplace Safety and Health Division, Guideline for Preventing Musculoskeletal Injuries, Dec 2006). To assist in injury/fall reduction, all staff working with HC clients will receive training and are expected to practice the principles of the Safe Client Handling and Injury Prevention Program (SCHIPP).


### **PROCEDURE:**

#### **Fall Risk Assessment and Management**

Refer to Home Care Fall Prevention and Management Algorithm CLI.5413.PL.001.SD.01.

1. The Case Coordinator (CC) or designated professional e.g. Direct Service Nurse (DSN) will complete a Falls Risk assessment/reassessment using the Home Care Falls Risk Assessment Tool CLI.5413.PL.001.FORM.01:
  - As part of the HC admission. (**Exception:** a client who requires only supplies, oxygen, or short term nursing intervention will not be routinely assessed unless the CC is aware of a risk);
  - During the annual H.C. reassessment;
  - Within five (5) working days following a witnessed fall or fall disclosure; Note: When a client falls, their fall risk status automatically becomes HIGH until the next reassessment;
  - When a safety concern(s) are identified by any member of the interdisciplinary HC team e.g. client, family, DSN, HC Attendant, etc;
  - When there has been a change in the client's health and/or functioning status e.g. following a surgical procedure, change in medical status, new medical diagnosis, return from a hospital stay or change in physical or cognitive functioning, information needed to complete the tool will be collected directly from the client and/or family, referral information, client's chart, and/or through direct observation.
2. Upon completion of the Falls Risk assessment the CC/professional completing the tool will date, score and sign the assessment tool.
3. Based on the Falls Assessment score, the CC will:
  - Engage the client, primary contact person(s) and/or family in a discussion regarding:
    - universal fall prevention precautions including a review of the Public Health Agency of Canada Fall Prevention documents "*You Can Prevent Falls*" CLI.5413.PL.001.SD.03/ CLI.5413.PL.001.SD.03.F and "*12 Steps to Stair Safety at Home*" CLI.5413.PL.001.SD.04/ CLI.5413.PL.001.SD.04.F;
    - results and implications of the client's individual fall risk assessment including a review of the recommended client specific interventions/referrals as per the Required Home Care Fall Prevention and Management Intervention Checklist CLI 5413.PL.001.FORM.02.

**For High Risk Clients** - Review and discuss recommendations from the pamphlet: *"Falls Prevention: A Checklist for You and Your Family"* CLI.5413.PL.001.SD.05/  
CLI.5413.PL.001.SD.05.F;

- care plan implications and agreed upon care plan activities and goals of care;
- post falls response by HC staff in the event of a fall as per HC Regional Post Fall Response Algorithm CLI.5413.PL.001.SD.02;
- use of falling leaf symbol on care plan. 
- Identify clients at high risk of falling by placing the fall risk leaf symbol (available in the HC Procura program) on the top right corner of the client's Procura Care Plan and/or Nursing Service Request Form;
- Document fall risk score, assessment outcomes, client/family discussions and agreed upon client specific fall/harm reduction interventions/referrals as appropriate in:
  - required Home Care Falls Prevention and Management Intervention Checklist CLI 5413.PL.001.FORM.02
  - Procura HC Assessment form under 5.39 Fall Risk Completed and 5.40 - Fall Risk Details.
  - client's care plan;
  - Procura Nursing Service Request Form under 1.9 "other documents" as indicated;
  - Interdisciplinary Progress Notes;
- Complete and forward referrals as per agreed upon client specific fall/harm reduction plan;
- Communicate fall risk assessment and interventions as appropriate when a client is referred to or care is transferred to another program/facility/allied health partner in order to maximize potential for safe client care outcomes.

### **Post Fall Response and Fall Reporting**

All staff will follow the Home Care Regional Post Falls Response Algorithm CLI.5413.PL.001.SD.02 in the event of a client fall or fall disclosure.

### **Evaluation**

The HC leadership team will complete, analyze, identify areas of concern and develop action plans to address fall prevention and management opportunities for improvement by:

- Conducting regular audits of compliance using the regional HC clinical chart audit tool;
- Analysis of Occurrence/Near Miss Bi Annual Reports.

### **SUPPORTING DOCUMENTS:**

<a href="#">CLI.5413.PL.001.FORM.01</a>	Home Care Falls Risk Assessment Tool
<a href="#">CLI 5413.PL.001.FORM.02</a>	Required Home Care Falls Prevention and Management Intervention Checklist
<a href="#">CLI.5413.PL.001.SD.01</a>	Home Care Falls Prevention and Management Algorithm
<a href="#">CLI.5413.PL.001.SD.02</a>	Home Care Regional Post Falls Response Algorithm
<a href="#">CLI.5413.PL.001.SD.03</a>	Public Agency of Canada Fact Sheet: "You Can Prevent Falls"
<a href="#">CLI.5413.PL.001.SD.03.F</a>	Public Agency of Canada Fact Sheet: "You Can Prevent Falls" (French)
<a href="#">CLI.5413.PL.001.SD.04</a>	Public Agency of Canada Fact Sheet "12 Steps to Stair Safety at Home"
<a href="#">CLI.5413.PL.001.SD.04.F</a>	Public Agency of Canada Fact Sheet "12 Steps to Stair Safety at Home" (French)
<a href="#">CLI.5413.PL.001.SD.05</a>	Falls Prevention - A Checklist for You and Your Family
<a href="#">CLI.5413.PL.001.SD.05.F</a>	Falls Prevention - A Checklist for You and Your Family (French)

## **REFERENCES:**

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