

FALL RISK FACTORS AND PREVENTION



Each year, between 700,000 and 1,000,000 people in the United States fall in the hospital.

Falls are among the leading causes for traumatic brain injury (TBI) and can cause other health complications, such as bruises and fractures.

CLINICAL TIP:

Educate patient and families about risk factors for falls and reasons for fall prevention interventions.


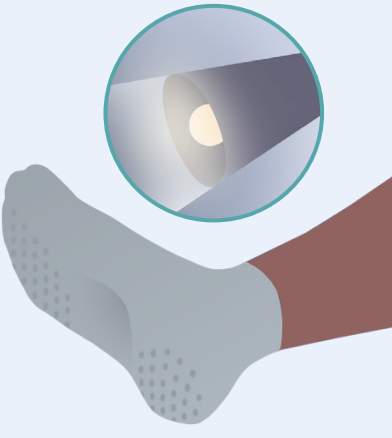

Fall Risk Factors

- Having difficulties with mobility or balance
- Taking certain medications
- Experiencing vision problems or foot pain
- Environmental hazards, such as uneven or slippery surfaces

Fall Risk Scales Examine a Client's

- History of falls in the past 3 months
- IV lock status
- Use of a mobility device
- Mental status
- Pre-existing health conditions

Ways to Prevent Falls Include

Visible, bright labels	Environmental aids	Routine assessment and monitoring
<ul style="list-style-type: none">• Place fall risk armband on client, if necessary.• Advocate for visible signs about falls prevention and awareness. 	<ul style="list-style-type: none">• Dim lights at night assist in seeing pathways.• Non-skid socks help clients move with more ease. 	<ul style="list-style-type: none">• Identify potential fall risks in the environment.• Make the area as safe as possible to prevent falls. 

NOTES

