

ATTENTION ALL C.N.A'S

October's monthly Education Manual will not be the usual booklet.

You will find a different handout with required reading and a post test.

This handout will meet your required units for the month of October.

As mandated by New York as a Certified Nurse's Assistant you are required to meet your continuing education needs to maintain your certification.

As an individual it is your responsibility to meet these requirements.

Fort Hudson Nursing Home along with the Staff Educator will provide you the materials you require to meet your educational requirements.

BUT ULTIMATELY IT IS YOUR RESPONSIBILITY TO SEEK OUT AND COMPLETE THE REQUIRED MATERIALS. (In a timely manner)

Any questions in regards to your individual status,

Please contact Barbara Celeste, RN ext. 267

Octobers Manual is focusing on current concerns within the facility

TEAM WORK: PREVENTING FALLS WITH OUR RESIDENTS

PRINT NAME _____ DATE _____

Fort Hudson- October Staff training newsletter. 2011

PREVENTING FALLS:

A fall is one of the worst things that can happen to one of your elders.

Fact is, they're a leading cause of death and disability in elders. A fall can completely destroy an elder's quality of life, and many never recover from a fall.

Here are some documented facts about falls:

- **Only one in four elders with a hip fracture make a full recovery**
- **One in two lose forever the ability to walk in dependently;**
- **One in five dies within 12 months, as a result of complications.**

BUT the good news is that many falls are preventable. And one of the major reasons for this is highly informed caregivers, who know exactly how to keep their elders on their feet.

Most important:

Keep them moving: regular exercise is a key factor in falls prevention. For some elders the exercise will come in form of the daily Range of Motion (ROM) that staff performs or assists with. The Residents care card directs the staff on what type of ROM is recommended for that resident. ROM is to be performed with am and pm care.

DAILY AMBULATION: Located on your residents care cards is their daily recommendations for ambulation. This is also a task that must be performed and signed for in the POC. Please make every effort to perform daily ambulation. If you are not able to ambulate your resident, report to your Charge Nurse that you were unable and why! It is our responsibility to keep our residents moving, keep them active. This will help maintain strong muscles and bones, as well as good balance and flexibility, in turn reducing their risk of falls.

Get them out of their chairs: A major problem that causes lack of exercise, muscle weakness and falls is spending too much time in wheelchairs. When they spend too much time in the seated position their muscles weaken and they lose their ability to balance. So, when they attempt to walk, they can easily fall.



As a caregiver, you should do all you can to get your elders, who are able, out of their wheelchairs for regular exercise. This will help prevent muscle weakness and gait problems...a major source of falls.

Even short walks can be effective. An example would be just walking to and from the bathroom.

Continue to educate your elders about the importance of avoiding behaviors that may result in a fall.

- Getting up at night with the lights out.
- Standing up too quickly, especially after-eating.
- Wearing slippers or socks, instead of shoes.
- Not holding onto grab bars

Falls and vision:

Vision problems are one of the major reasons for falls. So, we need to ensure that all your elders undergo regular eye checks and have the proper glasses. And, that their glasses are clean and not overly scratched.



Make the environment safe:

We must also make their environment as fall proof as possible.

- Keep the floor dry and free from clutter and telephone/electrical cords; call bell cord, bed and chair alarm cords, nebulizer tubing and oxygen tubing.
- Make sure everything is well-lit, and that night lights are used.
- Adjust the height of the beds in such a way that, when the elders sit on it, their feet stay flat on the floor. After adjusting height of bed, make sure bed is in locked position.

Risk factors that make older people more likely to fall than younger ones.

- lower extremity muscle weakness
- A history of falls related to gait balance problems
- Improper use of an assistive device
- Visual impairments
- Depression
- Cognitive impairment

Use of certain medications was “strongly associated” with increased falling, including psychotropic medicines, cardiac drugs, diuretics and anticonvulsant.

Pause for a moment: think about the residents on your unit that have fallen, after reading the above what can you take back to your job that you could implement and help prevent a future fall.



Nurse's it is very important that you communicate to your staff any changes in the residents. Staff, when you are changing shifts you need to communicate how your residents are doing and any concerns that you've had that shift. When a resident has had a change in their meds we need to watch them very carefully. All nursing staff, starting at the Supervisory level, we need to change how we think about falls. We need to be proactive in regards to preventing falls.

When a resident falls, we need to fill out the Incident and Accident form. Attached to the incident form is the "Root Cause Analysis". This form is currently being revised. The focus of this form is to get you thinking about the cause of the resident's fall. It is the Supervisors responsibility to complete the Root Cause Analysis form. The questions hopefully will help the team come up with a new approach to potentially keep the resident from falling again. Interview all staff and potential witnesses while the incident is still fresh in their minds!

Re-enact what happened. Re-enacting the incident will allow you to be the resident and possibly uncover a valuable clue as to what the resident was attempting to do or needed that led to the fall.



GAIT BELTS:

The use of gait belts is not on the residents care card in their rooms. THEREFORE; Policy states:

To provide for the safety of Fort Hudson Nursing Homes residents and staff, a gait belt will be utilized for all transfers when physical assistance is needed, other than guidance to a set destination secondary to decreased cognition.

GAIT BELT IS REQUIRED FOR ALL:

Stand- pivot transfers, both 1 and 2 assist

Buddy- style transfers, both 1 and 2 assist

Any time an independent resident requires more than guidance to set destination, as during periods of illness, a gait belt should be utilized.

Distance supervision does not require use of a gait belt.

Nursing Assistants play an important role in helping residents with acute conditions by being a:

<u>Detective:</u>	<u>Reporters:</u>	<u>Helpers:</u>
Identifying signs that others may not see	Collecting & reporting facts to nurses	Assisting with the treatment plan

Environmental Hazards

Environmental hazards are also a major cause of falls in nursing homes....causing 16-27% of nursing home falls. Techniques that have been proven fall- prevention:

- Start off with a thorough initial assessment.
- Maintaining an ongoing staff education program about falls risk factors and prevention strategies.
- Making changes in the nursing home environment to make it easier for elders to get around safely.
- ✓ Installing grab bars
- ✓ adding raised toilet seats
- ✓ lowering bed heights
- ✓ installing handrails in the hallway's
- ✓ providing hip pads
- ✓ Using alarm devices that go off when elders try to get out of bed or move around without help.

Restraints

Contrary to what some may think, research shows that restraints do not prevent falls. In fact, research shows that they actually increase the rate of falling, because an elder who is restrained much of the time develops weak muscles and balance problems that make a fall more likely when the elder is up and about.

Clutter and proper footwear:

Set up the elder's room so they can exit the bed from their strongest side. Make sure everything's within easy reach. The room should be well-lit. The room should be free of clutter and tripping hazards. Proper foot wear, either treaded slipper socks or hard soled shoes. Hallways and common rooms free of clutter and well lit at all times.

Quiz

1. **True, False.** Statistics show that one in five elders, who fall, die within 12 months from complications.
2. **True, False.** Giving them regular exercise, even in small amounts, is one of the most effective things you can do to prevent falls in your elders.
3. **True, False.** You should not let your frail elder's exercise, as they may fall during the exercise program.
4. **True, False.** Sitting too much in wheelchairs is a major cause of falls in elders.
5. **True, False.** Using the results from the initial assessment is a valuable tool to prevent falls in individual elders.
6. What are some of the things you can do to help prevent falls in elders with Alzheimer's? (Check all that apply)
 - A. Use full side rails for all of your elders
 - B. Use bed and chair alarms
 - C. Keep them in wheelchairs as much as possible, for their own safety.
 - D. Make frequent checks on them.
7. **True, False.** It is a good idea to continually educate your elders on what they should be doing to prevent falls.
8. **True, False.** Using restraints actually increases falls, since sitting too much can weaken their muscles.
9. **True, False.** You should always be on the alert for environmental hazards, such as clutter, cords, slippery areas, and so on, as those hazards are major reasons for falls in long-term cares.
10. **True, False.** When you exit a resident's room, you need to make sure everything is in easy reach. Including their call bell?
11. **True, False.** Not wearing proper foot wear could contribute to a resident falling?
12. **True, False.** Side rails are not considered restraints?
13. **True, False.** A gait belt is used only if it is on the residents care card?
14. **True, False.** If a resident refuses a gait belt you need to report this to nurse in charge?
15. **True, False.** It is your responsibility to make sure your gait belt is in good repair?

By signing your name below and dating, you are stating you have read the enclosed material. Any questions please contact Barbara Celeste, RN @ ext 267.

Name _____ **Date** _____