



Fall Management Competency

This checklist can be used to develop a fall management competency packet for licensed staff.

- Fall Management Policy and Procedure**
 - Develop a short quiz addressing key elements of the policy
- Safe Resident Handling and Mobility Policy and Procedure** (including the use of mobility lifts)
 - Develop a short quiz addressing key elements of the policies and procedures
- Fall Assessment Tool and Associated Procedure for Completion**
 - Include an accurately completed fall assessment form
- Fall Risk Factors** – the following resources are included for your consideration
 - CDC Fall Facts - [Facts About Falls | Fall Prevention | Injury Center | CDC](#) [Accessed September 17, 2023]
 - Risk Factors for Falls - [Fact Sheet Risk Factors for Falls \(cdc.gov\)](#) [Accessed September 17, 2023]
 - Medications Linked to Falls - [Fact Sheet Medications Linked To Falls \(cdc.gov\)](#) [Accessed September 17, 2023]
 - Stay Independent - [Stay Independent \(cdc.gov\)](#) [Accessed September 17, 2023]
 - Fall Risk, Recognition and Response – [Fall Risk Recognition and Response](#)
 - Care Team Education - [Staff Fall Management Training Presentation](#)
- Fall Management Interventions** – the noted list is a sample and is not all-inclusive
 - Universal interventions are utilized for all residents (e.g., resident orientation to the environment on admission including the use of the call light, use of night lighting, bed maintained in low position, personal possessions within reach, reminder to call for assistance when feeling weak, dizzy, or unsteady)
 - Primary interventions are used for residents who have not fallen but have risk factors (e.g., strength and balance training, physical therapy consult, medication review, evaluation of situational factors – gets up at 2 am to go to the bathroom)
Source - Agency for Healthcare Research and Quality. AHRQ's Safety Program for Nursing Homes: On-Time Falls Prevention, Falls Prevention Self-Assessment Worksheet. <https://www.ahrq.gov/patient-safety/settings/long-term-care/resource/ontime/fallsp/assess.html> [Accessed September 17, 2023]
 - Secondary Interventions are used to address identified fall risk factors (e.g., Bowel and Bladder Training Program, evaluation of assistive devices, use of a motion sensor, vision examination, use of a low bed)
Source - Agency for Healthcare Research and Quality. AHRQ's Safety Program for Nursing Homes: On-Time Falls Prevention, Falls Prevention Self-Assessment Worksheet <https://www.ahrq.gov/patient-safety/settings/long-term-care/resource/ontime/fallsp/assess.html> [Accessed September 17, 2023]
 - Resident-Centered Fall Management - [Resident-Centered Fall Management](#)

SAMPLE DOCUMENT ONLY

- Purposeful Rounding Procedure** – Purposeful rounding involves interaction with the resident addressing the following factors, hourly rounding is recommended
 - Pain
 - Positioning
 - Personal Needs (bathroom room, hunger, thirst)
 - Periphery (personal items in reach - call light, phone, glasses)
 - Personal Connection and Personal Safety Needs (e.g., I'll be back to help you get to dinner in 30 minutes; Please use your call light for assistance)
 - Pick-Up (e.g., spills, cords)

Source - HealthStream. Benefits of Hourly Rounding in Nursing. Benefits of Hourly Rounding in Nursing (healthstream.com) [Accessed September 17, 2023]
 - Room Rounding Tool – [Resident Room Rounds](#)

- Resident and family member educational materials on fall management**
 - [Resident and Family Education for Managing Fall Risk \(2022\)](#)
 - STEDI – Patient and Caregiver Resources [Patient & Caregiver Resources | STEADI - Older Adult Fall Prevention | CDC Injury Center](#) [Accessed September 17, 2023]

- Team communication of resident fall risk at critical care junctures**
 - Admission
 - Readmission
 - First week after admission
 - Change in Condition
 - After a fall event

- Guidelines for developing a fall management care plan and talking points for resident and family care conference meetings**
 - The Care Plan is developed from the identified risks from the fall risk assessment (e.g., mobility, mobility devices, cognition, continence, medications)
 - Provide an example of a resident-centered care plan with fall interventions supporting identified fall risk

- Post-fall Documentation** – include the policy and procedure if different from the fall management policy
 - Provide an example of post-fall documentation that includes complete information regarding how the resident was found, resident description of what happened, assessment of resident condition including but not limited to mobility, injuries, pain, cognition, and vital signs (neuro checks as applicable)
 - Provide an example of complete and accurate 72-hour post-event documentation

- Incident Reporting Policy and Procedure**
 - Provide an example of an incident report that is completed accurately

- Completion Quiz**
 - Provide a completion quiz to assess overall competency

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