

# Managing Fall Risk

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## Fall Facts

- Each year, millions of people over the age of 65 fall
- 1 out of 4 people fall each year
- Less than half tell their healthcare provider
- After falling once, the chances of falling again doubles

Source – CDC, Facts about Falls. [Facts About Falls](#) | [Fall Prevention](#) | [Injury Center](#) | [CDC](#) [Accessed September 17, 2023]



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## Fall Facts

- Each year at least 300,000 older people are hospitalized for hip fractures
- More than 95% of hip fractures are caused by falling, usually by falling sideways
- Falls are the most common cause of traumatic brain injuries (TBI)

Source – CDC, Facts about Falls. [Facts About Falls](#) | [Fall Prevention](#) | [Injury Center](#) | [CDC](#) [Accessed September 17, 2023]



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## Resident Falls – Common Risk Factors

- Physical and medical frailty
- Chronic medical conditions
- Acute medical conditions
- Thinking and memory problems
- Poor safety awareness and judgment
- Difficulty walking; balance and gait disturbances
- Needing more assistance with activities of daily living

Source - Pendulum Risk Management Services



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# Risk Factors

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- Risk Factors are both Intrinsic and Extrinsic
- Risk Factors are Not Static and Can Change From Day-to-Day



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# Intrinsic Risk Factors

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- History of falls; especially recent
- Age; risk increases
- Orthostatic hypotension/dizziness
- Cognitive issues/decline
- Multiple medications
- Urinary urgency
- Diminished strength, muscle weakness
- Diminished sensation, vision, hearing
- Walking or gait problems

Source - Pendulum Risk Management Services

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## Extrinsic Risk Factors

- Wet and/or cluttered floors and pathways
- Objects out of reach
- Poorly fitting footwear
- Not having eyeglasses, hearing aids
- Staff response time
- Poor lighting
- Exterior walkway with ice and snow
- Visitor tries to assist resident with ambulation
- Low toilet seats



Source - Pendulum Risk Management Services

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## Some Risk Factors May Be Modifiable

Vestibular disorder/poor balance	Postural hypotension
Vitamin D insufficiency	Vision impairment
Medications associated with a risk of falling	Foot or ankle disorder

Centers for Disease Control and Prevention National Center for Injury Prevention and Control. STEADI – Stopping Elderly Accidents, Deaths and Injuries. Risk Factors for Falls. [Fact Sheet Risk Factors for Falls \(cdc.gov\)](https://www.cdc.gov/steadi/04-risk-factors-for-falls.html) [Accessed September 17, 2023]

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## Important Care Points to Assess Fall Risk

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- Admission
- Readmission
- Change in Condition
- New Medications or Significant Change in Medications
- After a Fall Event



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## Person-Centered Fall Management

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- Assessment
  - Current Ambulation Status
    - Stability with Sit-to-Stand
    - Stability with Turning
    - Stability with the Use of Mobility Aids
    - Stability Using the Bathroom
    - Ambulation Fatigue



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# Person-Centered Fall Management

- Assessment
  - Complete Fall History
    - When/Where is it harder to maintain your balance?
    - Tell me about getting up out of chairs and bed
    - How is your balance at night?
  - Recent Mobility Injuries (Past 5 Years)
  - Medications that Increase Risk of Falling



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## Person-Centered Fall Management

Assessment

Interventions

Care Plan

Communication

Documentation

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## Interventions All Residents

- Orient resident to room and surroundings on admission
- Encourage the use of hearing aids and eyeglasses
- Provide adequate lighting
- Utilize gait belts
- Encourage regular exercise and participation in activities
- Maintain adequate nutrition and hydration
- Preferred bathroom times



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## Person-Centered Interventions

Based on resident risk factors for potential falls

Identifies resident-specific interventions (Examples)

- Hourly rounding
- Physical Therapy evaluation
- Bowel and Bladder Program

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## The Care Team

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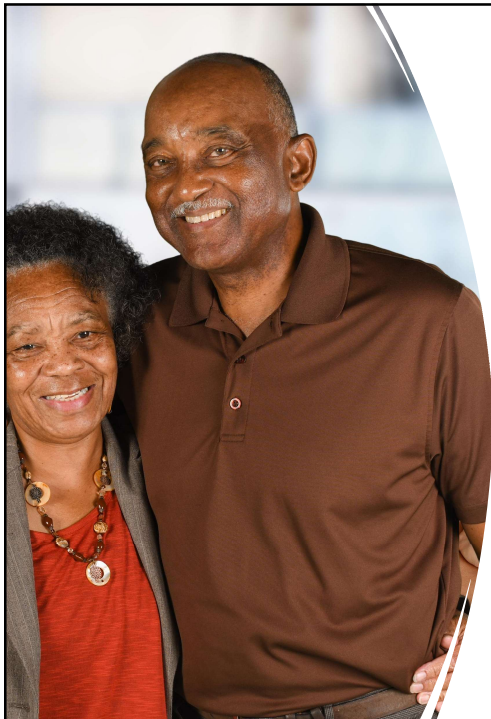


Regularly Evaluates if Resident Interventions are Effective



The Care Team Regularly Communicates Resident Response to Interventions

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## Resident and Family

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- Involve the Resident and Family in Interventions to Manage Fall Risk
  - Safety Reminders
    - Calling for Assistance
    - Use of Brakes on Assistive Devices
    - Placing Items within Reach
    - Pausing to Maintain Balance After Sitting Up or Rising From A Chair
    - Reporting Changes in Condition

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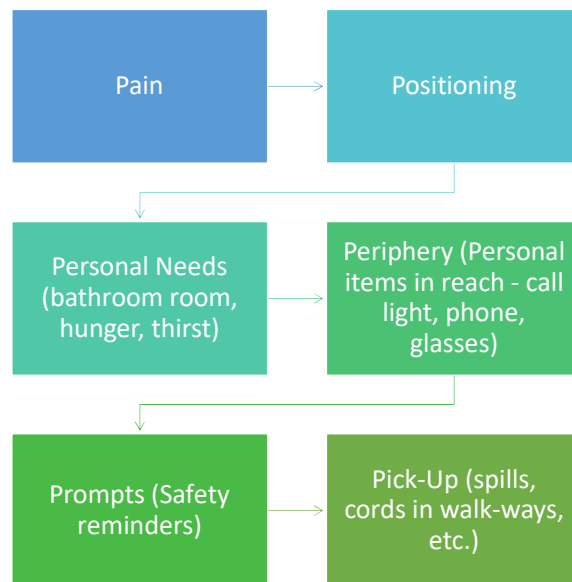
# Team Communication

- Resident looks unsteady
- Observed gait fatigue
- Trouble rising from sitting to standing position
- Not using walker or other assistive devices
- Room cluttered
- Resident helping another resident to walk or stand
- Resident walking in ill-fitting shoes
- Resident mentions feeling dizzy, balance issues



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# The Team Actively Participates in Purposeful Rounding



Agency for Healthcare Research and Quality, Module 3: Best Practices in Fall Prevention—Training Guide. [Module 3: Best Practices in Fall Prevention—Training Guide](#) | Agency for Healthcare Research and Quality (ahrq.gov) [Accessed September 17, 2023]

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## Fall Risk Can Be Managed With A Situationally Aware Team

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Your Team at Vaaler  
Insurance Can Help  
You Manage Fall Risk

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