



FALLS AND FALL PREVENTION

Learning Objectives:

Using knowledge about abnormal age-related physiological changes in the musculoskeletal, cardiovascular, and neurologic system for older adults, the students will be able to:

1. Assess an individual's risk for falls by addressing individual and environmental risk factors for falls in nursing home residents.
2. Design evidence-based nursing interventions to prevent falls.

Student Preparation:

Fall Risk Assessment (#8)

1. How to Try This. (Article). *Predicting Patient Falls*. (Hendrich, A. (2007). Predicting patient falls: Using the Hendrich II fall risk model in clinical practice. *AJN*, 107(11), 50-58).
2. How to Try This. (Video). *Hendrich II Fall Risk Assessment*.
The above resources are available at <http://consultgerirn.org/resources>
3. Fall Prevention: <http://www.stopfalls.org/>
4. Fall Prevention Toolkit: <http://www.patientsafety.gov/SafetyTopics/fallstoolkit/index.html>

Student Activities:

1. Assess a resident's risk for falls using an evidence-based fall assessment instrument. Compare the results with the fall assessment tool used by the facility.
2. Describe the individual and environmental risk factors contributing to falls based on your assessment.
3. Design interventions that address the individual and environmental risk factors that contribute to the fall risks identified in your assessment.
4. Investigate how the nursing home addresses fall assessment and prevention at the organizational level (e.g. quality monitoring and improvement, policies).



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For additional *Quick and Easy* tips, visit:

<http://www.nursing.umn.edu/Hartford/ClinicalTeachinginNursingHomes/ClinicalTeachingResources/index.htm>