Welcome to
Best Practice Jeopardy

Falls Prevention and Management
Answers for the game are from the Best Practice Guidelines and implementation tools available at: http://ltctoolkit.rn ao.ca

Clinical Best Practice Guidelines

RNAO clinical best practice guidelines (BPG) are comprehensive documents that provide recommendations, supporting evidence and resources/tools for evidence-based practices. The LTC Toolkit contains the RNAO clinical BPGs related to: person- and family-centred care, falls prevention and management, skin and wound care, continence care and bowel management, pain assessment and management, dementia and depression and responsive behaviours, prevention of abuse and neglect, alternative approaches to the use of and end-of-life care.

The resources/tools for each clinical BPG topic are grouped into the following categories:

- RNAO Best Practice Guidelines
- Other Related/Supporting RNAO Best Practice Guidelines
- College of Nurses of Ontario Practice Standards and Guidelines
- Applicable Legislation and Regulations

Falls Prevention and Management

- Skin and Wound Care
- Continence Care and Bowel Management
- Pain Assessment and Management
<table>
<thead>
<tr>
<th>Before the fall (of Rome)</th>
<th>After the Fall (of Rome)</th>
<th>Don’t Fence me in</th>
<th>An ounce of Prevention</th>
<th>Long arm of the Law</th>
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According to research, this is the number one predictor that a resident is going to experience a fall.
Certain types of these taken by the resident can contribute to falls
There are many causes for falls therefore, this sort of team should be established to prevent falls
This is a visible reminder to health care providers of a resident’s fall risk but respects the resident’s privacy.
If a resident is at risk of falling, this is an important intervention.
This activity can help you to find out more about the fall and plan preventative strategies
This type of review can help find a pattern in residents who fall frequently and may be key to successful care planning
Done prior to each meal and documented in the care plan and flow chart this activity will assist residents who have fallen and are at risk of falling to maintain their independence.
If a resident experiences hospitalization as a result of a fall, you will need to start this form of documentation upon return.
These type of falls need to be reported to the MoHLTC
It used to be thought that use of these reduced the risk of falls in all residents, however research has proven this untrue and they may increase the risk of injuries.
All homes should have this and should make staff familiar with it. Hint: it might be found on the computer or in a binder
This College of Nurses definition means that "all possible alternative interventions are exhausted before deciding to use a restraint"
Use of restraints can lead to...? (name 2 conditions)
If a restraint is used it these two “notes should be found in the chart
This form of exercise can improve strength and balance and thus minimize falls
Making sure residents use these properly may prevent falls
Trips and slips can be minimized by doing this non-physical assessment
While these will not prevent a fall, evidence show they decrease the risk of injury if a resident falls
Taken orally, this reduces the risk of falls and fall injuries
This piece of legislation governs the use of restraints in Ontario.
If the falls inspection protocol is triggered, the MoHLTC inspector may ask ……
The MoHLTC allows for application of a restraint in this type of crisis situation
Legislation does not consider this a restraint, however because of its potential to act like a restraint, similar monitoring protocols may need to be applied.
legislation 50......