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Fall Prevention *Checklist*

The main recommendation that we give families about when to get your loved one assistance in the home is when things become unsafe.

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p.4 When to get help





Andrea Kohn, RN, CRNP & Steve Kohn
MCM Private Care

AT A GLANCE

1. An assessment of the home
2. The main cause of falls in the elderly
3. Grab bars for safety in the bathroom
4. Safety on the stairs
5. The decision about which device to use
6. Why did I wait to do this?
7. Falls are always a concern with these medications
8. A caregiver to be at the bedside

Comfort, safety, *quality of life*

IN THE HOME

Floors, bathroom, stairs

1 An assessment of the home

Check the environment out. Is it safe? Are things locked up appropriately?

2 The main cause of falls in the elderly

I requested all throw rugs, which are the main cause of falls in the elderly, be removed.

- ✓ **Removing some clutter and furniture**
- ✓ **For better access and mobility**

3 Grab bars for safety in the bathroom

I noted that they needed some grab bars for safety in the bathroom, in the shower, and next to the toilet.

4 Safety on the stairs

We orchestrated a plan whereby he went down the stairs once in the morning after morning care, and he did not go back upstairs until bedtime.

- ✓ **Moving him to the first floor for his safety**

THE PERSON

Walkers, medications, help

5 The decision about which device to use

Not every patient is appropriate for a rollator. In some cases, a standard walker is better, which is why the decision about which device to use should be made by a trained PT.

- ✓ **Trained her in her home on its safe use**

6 Why did I wait to do this?

Linda had repeated falls... we got her a rollator with the help of a physical therapist. After one week, she said to me, "Why didn't you make me do this earlier?"

- ✓ **It has been several years now since she has fallen.**

7 Falls are always a concern with these medications

Eventually, she was put on low-level pain medications to help control the pain but not make her too unsteady when she did get up to walk.

- ✓ **Ask about the efficacy of medications and about options.**

8 A caregiver to be at the bedside

When families cannot be with their loved one in the hospital, they often opt to hire a caregiver to be at the bedside to minimize the opportunity for preventable incidents.

- ✓ **An increased chance of falling in unfamiliar surroundings**

> *"It is hard to impart wisdom, but eventually, we learn that vanity cannot replace safety."* **— Andrea Kohn, RN, CRNP, *Return to Sender***

Write down *the facts*

Fall log

Before this care plan went into effect there were several near misses

Date	Where	What happened	Notes

Medication list

Ask about the efficacy of medications and about options.

Medication	Dose	Time	Prescribed by	Notes

Care team

Primary care provider _____ **Physical therapist** _____

Pharmacy _____ **Family contact** _____

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Notes

Is it *safe?*

Bathroom

- [ ] Some grab bars for safety in the bathroom, in the shower, and next to the toilet
- [ ] Helping with showering
- [ ] Getting to and from the bathroom
- [ ] A walker, wheelchair and portable potty

Floors

- [ ] Throw rugs, which are the main cause of falls
- [ ] Removing some clutter and furniture for better access and mobility
- [ ] Things are a disarray in the house
- [ ] Check the environment out

Stairs

- [ ] Moving him to the first floor for his safety
- [ ] He went down the stairs once in the morning
- [ ] He did not go back upstairs until bedtime
- [ ] A stair climber mobility chair

Walking aids

- [ ] Physical therapy and even using a cane or a walker
- [ ] Not every patient is appropriate for a rollator
- [ ] Which device to use should be made by a trained PT
- [ ] Trained her in her home on its safe use

When things become unsafe

Safety issues can mean many different things.

- ⚠ **If your loved one is falling**
- ⚠ **Some bruising, some cuts**
- ⚠ **Not locking the doors or leaving the doors open**
- ⚠ **Showing up with unexplained injuries**
- ⚠ **Sometimes they get confused about their medication**
- ⚠ **Small changes in her gait**

Any of these issues where you feel your loved one is unsafe is when we think it's time to bring somebody in maybe a few hours a day.

Don't wait till this is *a disaster.*

Get advice on these difficult subjects to provide direction and professional guidance on the small, needed changes you can make to ensure your parent's safety.

Call (240) 789-4890



★★★★★ *"We wanted our parents... to have someone with them throughout the night in case they tried to get up, etc. They were both fall risks, and we wanted to make sure they were never alone."* — Karen W.



Return to Sender
by Andrea S. Kohn