



# HIGH RISK FOR INJURY FROM FALL

Use Universal Fall Precautions:

1. Bed alarm while in bed
2. Chair alarm while up in chair
3. Place bed in low position
4. Purposeful rounding using 4 P's
  - a. Offer toileting
  - b. Reposition
  - c. Ask if in pain & offer pain medications as appropriate
  - d. Place personal possessions within reach

Use additional protective measures:

1. Use ABC'S to identify patients:
  - A = Age (Very old)
  - B= Bones (fractures, dx of osteoporosis)
  - C=Anticoagulation/bleeds (hemorrhagic injury, on thinners)
  - S=Surgery (post operative)
2. Focus on Safe Mobility (bed exit alarms, chair alarms, assistance with ambulation {steadying devices, gait belts, etc.})
3. Add Padding to protect
  - Mats and floor cushions
  - Hip protectors