Fall Risk Management Care Plan Highlights

A care plan should be developed for any individual who is at risk for falling or has fallen. The care plan for managing fall risk should include person-centered interventions, based on the findings of fall risk assessment and/or post-fall investigations. Individualized intervention programs addressing multiple risk factors are the most successful in reducing falls and fall-related injuries. The most beneficial interventions include comprehensive assessment, environmental adjustments, staff education, medication simplification, exercise interventions and treatment of underlying disorders. Individualized interventions require a team approach (physician/NP/PA, nurse, nurse aid, physical and occupational therapists, dietitian, pharmacist, activity director, etc.).

<table>
<thead>
<tr>
<th>Problems/Needs</th>
<th>Goals</th>
<th>Interventions/Approaches</th>
<th>Team Members</th>
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</table>
| Potential for falls and injuries related to ____________________________  
(specific intrinsic and/or extrinsic risk factors identified during assessment process) | Measurable short and long-term goal(s) for fall and injury prevention related to identified risk factors  
Measurable short and long-term goal(s) related to a specific fall          | Individualized interventions addressing the intrinsic and extrinsic risk factors identified in the comprehensive fall risk assessment conducted on admission, with changes in condition, and quarterly such as:  
- Interventions to improve gait, balance lower and extremity strength – physical and/or occupational therapy services, restorative or exercise programs  
- Evaluations of medications – pharmacy consultant and/or physician/NP/PA review  
- Evaluations of orthostatic blood pressures to rule out orthostatic hypotension  
- Interventions to address environmental issues such as poor lighting, slick surfaces, trip hazards or improper use equipment  
- Interventions to address underlying medical conditions – physician referrals for further evaluation, such as: Ophthalmologist, ENT, Podiatrist, Neurologist, Psychiatrist and Orthopedist  
Revision of goals (both short term and long term)                          | Indicate who is responsible for each approach |
| Date of actual fall related to ____________________________  
(possible causal factor)  
as evidenced by ___________  
(Care plans should be reviewed after a fall has occurred and with a change of condition because it may require a modification in the problem/needs, goals, and interventions) |                                                                       |                                                                                                                                                                                                                       |              |