

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.).

Problems/Needs	Goals	Interventions/Approaches	Team Members
<p>Potential for falls and injuries related to _____ (specific intrinsic and/or extrinsic risk factors identified during assessment process)</p> <p>Date of actual fall related to _____ (possible causal factor) as evidenced by _____</p> <p>(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)</p>	<p>Measurable short and long-term goal(s) for fall and injury prevention related to identified risk factors</p> <p>Measurable short and long-term goal(s) related to a specific fall</p> <p>Revision of goals (both short term and long term)</p>	<p>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:</p> <ul style="list-style-type: none"> • 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 <p>After a fall, previously selected individualized interventions should be re-evaluated and new and/or modified individualized interventions should be implemented</p> <p>Care plan interventions should be developed, implemented and periodically monitored by an interdisciplinary team</p>	<p>Indicate who is responsible for each approach</p>