

# Outline

## “02.05 Fall and Injury Prevention”

### Overview

1. Fall & Injury Prevention
  1. Fall risks
  2. Fall prevention
  3. Assistive devices
  4. Body mechanics
  5. Make life easier

### Nursing Points

#### General

1. Fall risk
  1. Age
  2. Education
  3. Cognition
  4. Tripping Hazards
    1. SCD
    2. Other equipment
2. Fall prevention
  1. Call light
  2. Declutter room
  3. Non skid socks
  4. Bed alarm
  5. Lighting
  6. Frequent toileting
3. Using assistive devices

1. Walker
2. Cane
3. Wheelchair
4. Crutches
4. Body mechanics
  1. Lift with legs
  2. Never bend and twist
  3. Step up
5. Make life easier
  1. Move bed up
  2. Use PT/OT
  3. Grab other HCP for moving patients

#### Nursing Concepts

1. Safety

#### Patient Education

1. Make sure patients understand the use of call light and place it within reach