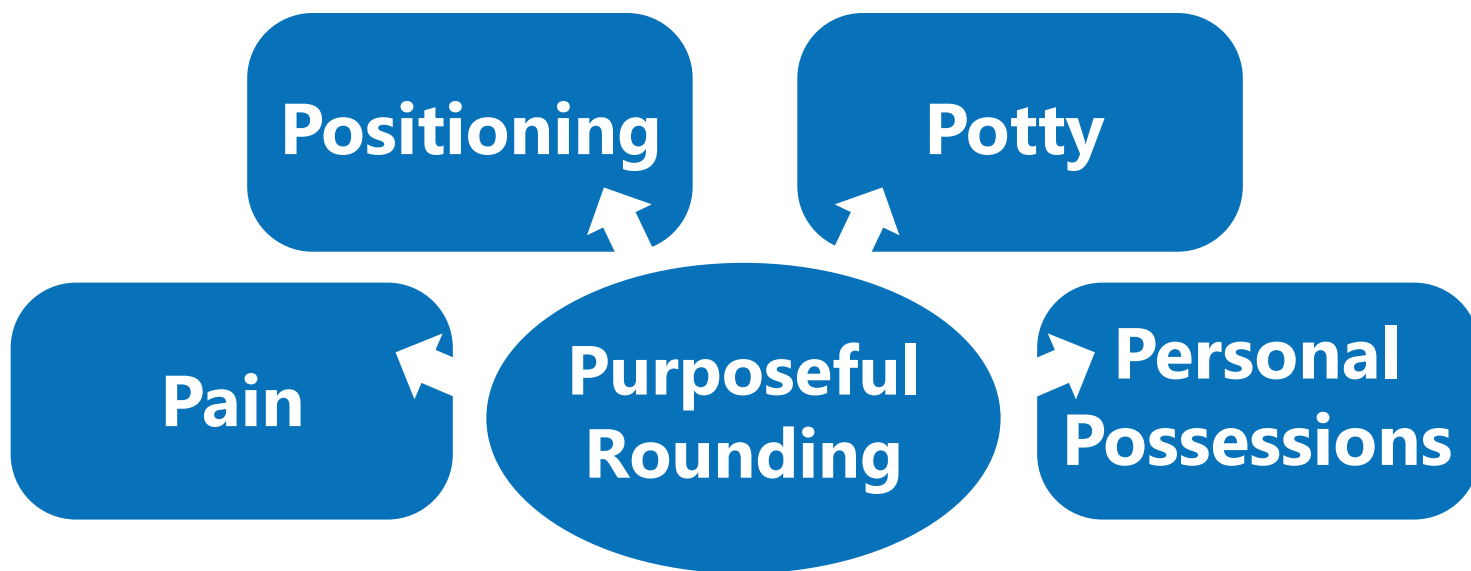


# The 4 P's of Reducing the Risk of Falls

Prepared by Mary P. Chiles, RN RAC-CT 3.0, Chiles Healthcare Consulting, LLC



To help reduce the number of falls in our facility, we want to implement **Purposeful Rounding** for all staff. This process can be used for all residents; however, we want to focus on all new admissions to our facility and our residents at high risk for falls.

**The 4 P's are to be addressed by anyone who enters a resident room for any reason:**

**(P) Pain**

**(P) Position**

**(P) Potty**

**(P) Possessions**

**Upon entering the room, you should:**

**Introduce yourself:**

For Example: *"Mrs. Smith, my name is Sarah, and I will be your nurse, housekeeper, etc. today. I am here to clean your room, give you your medication, etc."*

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## Address the 4 P's:

- **Pain** *"How is your pain?" or "Are you having any discomfort?"*  
Medicate resident or schedule during upcoming rounds. For those of you who cannot do this - notify the nurse or responsible person who can provide medication.
- **Position** *"Are you comfortable, do you need to be turned or repositioned?" Observe the resident's position for safety and comfort and ensure call bells are accessible.*  
Move the resident up in bed. Rearrange pillows. Offer extra blankets. Turn residents who are at high-risk for skin breakdown. (Again, if your position does not permit you to perform these tasks, notify someone who can.)
- **Potty**
  - If someone other than nursing is asking, the question should be, *"Do you need to use the bathroom?"* then notify someone that can assist them.
  - If someone from the Nursing Department is asking, the statement should be, *"Let's go to the bathroom to see if you can use it."* (Assist the resident to the bathroom.)
- **Position** *"Do you need me to move the phone, call light, trash can, water or your bedside table within reach?" "Is there anything I can get or do for you?"*  
Arrange the bedside table, refill water pitcher, etc.

## **In addition:**

- Perform any scheduled tasks that you entered the room for:
  - Physician/provider ordered procedures
  - Give scheduled treatment and/or medication
  - Clean the room
  - Empty the trash

## Closing:

- **Communicate when you will return.**
- **Close with key words:** *"Is there anything else that I can do for you? I have time."*
- **Document care if completed during the round, and report/document any new concern.**

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