

Resources to Decrease Risks of Social Distancing & Isolation Precautions

March 2020

Isolation, whether it is due to social distancing or isolation precautions for infections, can have many profound effects on our residents. These range from boredom, depression, anxiety, and further impairments in their mobility which can unfortunately lead to an increase in falls and pressure injuries. This document provides you with easy access to evidence-based resources to help prevent falls and pressure injuries.

Fall Resources

1. **The Centers for Disease Control and Prevention's (CDC) [STEADI Initiative for Health Care Providers](#)** is for healthcare providers who treat older adults at risk of falling or who have fallen in the past. The STEADI initiative offers a coordinated approach to implementing the American and British Geriatrics Societies' Clinical Practice Guideline for fall prevention. STEADI consists of three core elements:
 - a. **Screen** residents for fall risk
 - b. **Assess** modifiable risk factors
 - c. **Intervene** to reduce risk
2. **Agency for Healthcare Research and Quality's (AHRQ) [Safety Program for Nursing Homes: On-Time Falls Prevention](#)** was created to help nursing homes with electronic medical records identify residents at risk for falls. The tools are designed to help a multidisciplinary nursing home team prevent falls that can be avoided with good preventative care.
3. **[The Falls Management Program: A Quality Improvement Initiative for Nursing Facilities](#)** is an interdisciplinary quality improvement initiative. It is designed to assist nursing facilities in providing individualized, person-centered care, and improving fall care processes and outcomes through educational and quality improvement tools.
4. **National Certification Council for Activity Professionals (NCCAP) [COVID-19 Activity Director Resources](#)** Activity Departments are being effected by the

Resources to Decrease Risks of Social Distancing & Isolation Precautions

March 2020

COVID-19 virus by having to limit group programming. NCCAP is sharing resources for in-room activity programming.

5. **Quality Improvement Organization (QIO)** resources include the [All Cause Harm Prevention in Nursing Homes](#) change package, which is a description and list of successful practices of high-performing nursing homes (i.e., how they prevent harm while honoring each resident's rights and preferences), organized by overarching themes, and includes strategies to prevent specific adverse events and abuse.
6. [National Nursing Home Quality Care Collaborative Change Package v2.2](#) is intended to support overall nursing home quality and performance improvement and focuses on the systems that impact quality such as: staffing, operations, communication, leadership, compliance, clinical models, promoting resident quality of life, and specific, clinical outcomes. Please refer to **Attachment 3: Bundle to promote resident mobility**.
7. [The 4 P's of Reducing the Risk of Falls](#) is a resource describing the benefits of purposeful rounding for preventing falls.

Pressure Injury Resources

1. **Pressure Points posters for common staff areas.** These are visible reminders to your staff to keep prevention as the focus.
 - [Preventative Skin Care](#)
 - [Incontinence Management](#)
 - [Nutrition and Hydration](#)
 - [Skin Protection is Prevention](#)
2. [It's Time to Take the Pressure Off!](#) is a pressure injury prevention and treatment brochure for residents, families, and staff.

Resources to Decrease Risks of Social Distancing & Isolation Precautions

March 2020

3. [Pressure Points Pocket Card](#) is a double-sided pocket card designed for frontline staff that provides a visual of pressure points when lying and sitting and proper positioning when in bed. It also includes quick and easy tips for preventing pressure injuries and early warning signs of skin breakdown.

HQIN Nursing Home Team – Contact Us

KANSAS

Brenda Davis, RN, BSN, CIC
Quality Improvement Advisor
bdavis@kfmc.org

MISSOURI

Dana Schmitz, MS
Quality Improvement Advisor
dschmitz@hqi.solutions

SOUTH CAROLINA

Jo Taylor, BSN, MPH
Quality Improvement Advisor
jtaylor@thecarolinascenter.org

VIRGINIA

Joanne Skinner, BSN, RN, CWCN, RAC-CT, LNHA
Quality Improvement Advisor
jskinner@hqi.solutions

Allison Spangler, RN, BSN, RAC-CT, QCP
Quality Improvement Advisor
aspangler@hqi.solutions