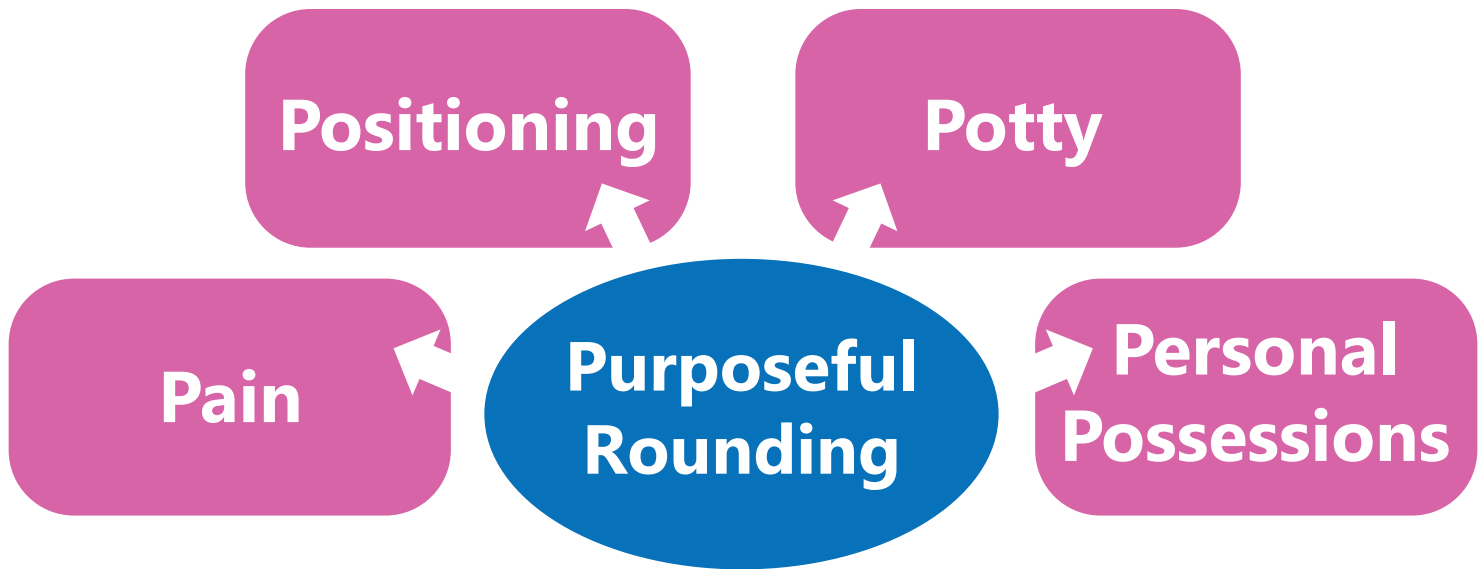


The 4 P's of Reducing the Risk of Falls

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.)
- **Possessions** *"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.**