

Think about it!

How many times have you seen a resident:

- Try to stand, transfer or walk alone unsafely?
- Try to get out of bed alone?
- Walk or pace when too tired to be safe?
- Poorly positioned in either their bed or wheelchair?

Falls Prevention

Many falls occur when residents attempt to move about without assistance. Knowing your resident, purposeful rounding and anticipating their needs are simple strategies to prevent falls.

1. Rounding with the 4 P's
 - Check for **P**ain, location of **P**ersonal Items, need for toileting (**P**otty), and resident's **P**osition.
 - Review the 4 P's of Purposeful Rounding: <https://bit.ly/PurposefulRounding>
2. Check in by **ALL** staff and volunteers
 - Each time upon entering the room, conduct a visual safety check of the environment and check in with the resident for current needs. This includes maintenance staff, housekeeping staff, aides, volunteers and administration. Ask for help from nursing staff when needed.
3. Consistent Staff Assignment
 - Know the resident so that their needs can be anticipated.
 - Understand personal history, personal preferences and behavioral patterns.
4. Regular Toileting
 - Know the resident's voiding pattern and schedule regular toileting.

Simple Strategies for Fall Management