Minimising the falls risk in the cognitively impaired

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What can we do to prevent falls in people like Edna Gregory?
Considering the risk factors

- Confused, agitated or disoriented older people
- Medical history
- History of falls
- Sensory deficits
- Environmental
- Frequency/incontinence
- Function / restraints
- Poor Nutrition
- Medications
Risk Assessments and Guidelines

- Ontario Modified Stratify (OMS) form
- Falls Risk Assessment and Management Plan (FRAMP)
- DRAT – Delirium Risk Assessment Tool
- AMTS - Abbreviated Mental Health Test
- CAM – Confusion Assessment Method
- CEC post fall guide
- Policies / procedures / flow charts
- Education
Contributing factors: Delirium

- Pain
- Infection
- Constipation
- Hydration
- Medications
- Environmental
Falls prevention strategies: an individualised approach

- Environmental considerations
- Intrinsic factors
- Personal requirements
- Current Medications
- Use of restraints
- Regular rounding
- Clear care pathway
Communication and Documentation

- Comprehensive documentation
- Handover
- Ongoing communication with the team and significant others
- Review strategies/interventions regularly
- Referrals
Prevention is key – look at all the elements

- Assessments
- Strategies / Interventions
- Reduce potential contributing factors
- Communication & Documentation
Remember...............it is not easy!