



## Knowledge Check: Fall Prevention

1. Name the four E's and briefly describe each:

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2. Describe the steps of what to do if someone falls:



## Answers

1.

### ■ **Evaluation:**

- Evaluate for personal risk factors. Identify persons at increased risk.
- Ensure people have vision checked annually and keep glasses updated.
- Have a doctor or pharmacist routinely check all medications, including over the counter medications, for increased risk of falls.

### ■ **Exercise – Exercise – Exercise:**

- Promote healthy lifestyles including access to physical activity. Participation in a good balance or exercise program is key to fall prevention.

### ■ **Environment:**

- Ensure home and community safety. Conduct onsite home safety checks and make necessary changes.

### ■ **Education:**

- Make fall prevention a priority. Educate yourself, support staff and people at risk as to its importance.
- Develop and implement individualized fall prevention plans for people at risk.

2.

1. **Listen** to what the person is telling you.
2. **Observe** the position of the person's body and look for signs of bleeding, broken bones, or breathing problems.
3. **Ask** the individual what he or she is feeling.
4. **Call 911 for emergency help!** If a person appears to be seriously hurt, is bleeding badly, or complains of sharp pain, **call 911. Do not move them.**
5. **Notify** the person's doctor and give them details of the fall - when, where and how the person fell.
6. **Document** what happened – both the fall and follow-up. Keep a running log of falls to develop a history of falls. The documentation should be completed after every fall.