

Preventing a Fall

Frequent Checks/Rounding of the Resident Using the 4 P's

Positioning:

Does the resident look comfortable?

Ask the resident, "Would you like to move or be repositioned?"

Ask the resident, "Are you where you want to be?" Report answers to the nurse.



Personal needs (Potty):

Does the resident need to use the bathroom? Or look like they need to urinate?

Ask if they'd like to go to the toilet or use the commode. Report findings to the nurse.



Pain:

Does the resident appear in to be in pain or to be uncomfortable?

Ask the resident, "How are you feeling? Are you comfortable?"

Ask them what you can do to make them more comfortable. Then report to the nurse.

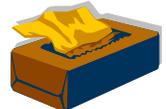


Personal Items:

Are the resident's personal items within easy reach? Is the call-light, tissues, glasses, phone, walker, all within easy reach of the resident?

Ask resident, "Do you have everything you want near you?"

Place these items all within easy reach.



Staff's Actions for the 4 Ps:

1. Opening words: State your name and explain, "Hi, I'm here to see how you are doing?"
2. Ask, "Is there anything you need or I can do for you?"
3. Look for environmental clues that could cause a fall e.g. clutter? personal items nearby?
4. Check the condition of resident for clues that could cause a fall e.g. agitated, restless?
5. Before leaving ask, "Is there anything else I can do for you? I have the time."
6. If the resident is sleeping, do NOT awaken them.
7. Place all items within easy reach of the resident.
8. Thank the resident and tell them what you will do with the information you've learned.