



FALL PREVENTION IHSS 2024

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AGENDA

- **8:30** - Introduction and Pre-Survey
- **8:40 - 9:00** - Lecture on Fall Prevention
- **9:05** - Break (Five Minutes)
- **9:10 - 10:10** - Hands-On Demonstrations
- **10:10 - 10:30** - Wrap Up & Post- Surveys

Acknowledgement

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Lecture Preview

- 1. Demographic/PreTest Survey*
- 2. Fall Prevention**
 - a. Risk Factors
 - b. Prevention Tips
- 3. Transferring**
 - a. Proper Body Mechanics
 - b. Using a Gait Belt
- 4. Home Fall Prevention**
 - a. Checklists
- 5. Stations Overview**
- 6. PostTest/Evaluation Survey*

OLDER ADULT FALLS Startling Statistics



1 second

An older adult falls every second of every day.



1 in 4

One in four older adults reported a fall in 2014.



#1 cause

Falls are the #1 cause of hip fractures.

STEADI Stopping Elderly Accidents, Deaths & Injuries

www.cdc.gov/steady



1 in 4 Americans aged 65+ fall each year

Falls are not a normal part of aging.
Falls are preventable

However, there are risk factors that will increase one's chances of falling

Risk Factors

Physical Risk Factors

Muscle weakness
Poor Balance
Gait Problems
Poor Vision



Behavioral Risk Factors

Poor Nutrition
Lack of Exercise
No Annual Check Ups



Environmental Risk Factors

Home Hazards- such as:
uneven steps, rugs, and cables.
Pets



TIPS for PREVENTION

DAILY MOVEMENT



Daily movement for strength & balance.

- Tai-Chi
- Yoga
- Walking
- Swimming
- Stretching
- Weight Training

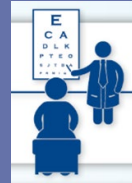
NUTRITION



It is important to eat foods with Calcium & Vitamin D for bone health.

- Fish
- Almonds
- Soybeans, Tofu
- Milk, Yogurt, Cheese
- Spinach, Kale, Broccoli, Okra, Collard Greens

VISION SAFETY



Vision is important to seeing objects in our path, that can cause falls.

- Brightly Lit Home
- Glasses & Contacts
- Regular Eye Exams

HOME SAFETY & ACCESSIBILITY



Prevent falls through home safety.

- Clean home
- Clear walkways
- Easy-to-reach objects (phone, remote, soap)
- Safety Strips, Handrails, No-Slip Mats

Transferring

- *The safe movement of a person from place or surface to another.
- *A way to permit the patient to function in different environments.
- *Trains the individual to enhance independent function
- *Proper transfer of a patient reduces any chance of injury.



PROPER BODY MECHANICS

1

PLAN THE LIFT

- Check area
- Appropriate footwear

2

USE PROPER STANCE

- Spread feet shoulder width apart
- Upright body position

3

GET LOW & CLOSE

- Center of gravity
- Bear weight on forearms

4

LIFT WITH LEGS

- DO NOT attempt to lift with your back alone

5

PIVOT BY SHIFTING FEET

- DO NOT rotate your spine

What is it?

A gait belt is a safety device used to help someone move, such as from a bed to a chair. The belt is also used to help hold someone up while they walk, if they are too weak to walk on their own. The gait belt helps you provide support and helps prevent a fall. It also decreases your risk for a back injury while you help the person move or walk.

GAIT BELT

Put the belt around the person's waist over his clothing with the **buckle in front**.

Thread the belt through the teeth of the buckle. Put the belt through the other 2 loops to lock it.

Be sure the belt is snug with just enough room to get about **4 fingers** under it.

If possible, the person should be encouraged to push down on the chair or bed, while you lean forward and grasp the belt on both sides. The person should be held at the waist instead of the arms or shoulders.

Lift or move the person with your arm and leg muscles. **Do not use your back muscles.**

Do not twist your body when you move or lift the person.

When you are done moving or walking with the person, remove the gait belt.



How to use a gait belt- bed to wheelchair



<https://www.youtube.com/watch?v=iOxN2l2p2r>



Home Fall Prevention Checklist

Falls are often due to hazards that are easy to overlook but easy to fix. This checklist will help you find and fix those hazards in your home.

Floors

- Remove rugs or use double sided tape to secure them
- Move furniture to make clear paths
- Keep paths free of clutter and/or furniture
- Coil or tape cords & wires next to walls so you don't trip or fall

Stairs

- Install grab bars on both sides of stairs firmly
- Pick up objects off of stairs
- Fix loose or uneven steps
- Place lighting at top/bottom
- Install light switches at top/bottom
- Afix carpet firmly to every step

Bathroom

- Attach non-slip rubber mat on floors
- Install grab bars next to shower & toilet
- Consider a raised toilet seat booster
- Keep a stool for grooming purposes

Bedroom

- Place a lamp close to the bed/within reach
- Install night lights with sensors
- Install grab bars along walls
- Pad sharp corners near bed



Home Fall Prevention Checklist

Falls are often due to hazards that are easy to overlook but easy to fix. This checklist will help you find and fix those hazards in your home.

Kitchen

- Move items in cabinets used often to lower shelves
- Use a step stool with a bar to hold on to
- Never use a chair as a step stool

Additional Tips

- Wear shoes inside/outside
- Improve lighting throughout
- Hang curtains to reduce glare
- Put contrasting colors on all steps
- Be careful of pets causing tripping hazards

Additional Tips

- Keep emergency numbers in large print near all phones
- Put a phone near the floor in case of a fall
- Wear an alarm device - Medical Alert Systems

Additional Tips

“If you have fallen, your doctor might suggest that an occupational therapist, physical therapist, or nurse visit your home. These healthcare providers can assess your home’s safety and advise you about making changes to prevent falls.”

Stairway: What's wrong?



- 1. No handrail.** Nothing to hold onto when using stairs.
- 2. Cluttered stairs.** Objects and throw rugs on stairs or landing can increase risk of falling.
- 3. Poor lighting.** Low light levels can increase risk of tripping or missing steps.

Stairway: Much Better



- 1. Handrail.** Add handrails to all stairs, securely attached to wall at proper height.
- 2. Clean stairs.** Patrol stairs regularly to ensure objects are removed at all times.
- 3. Stairway lighting.** Make sure walkways are well-lit. Ceiling lights (with well-placed wall switches at the top and bottom of stairs) can help increase visibility.

Bathroom: What's wrong?



1. **No grab bars.** Senior could fall when exiting shower or toilet.
2. **Poor nighttime lighting.**
3. **Loose bathmat.** Increases slipping hazard.
4. **No assistive equipment in shower.** Showering or bathing can become more dangerous.

Bathroom: Much Better



1. **Grab bars.** Ensures safer egress from shower or toilet.
2. **Nightlight.** Installing a light-sensitive nightlight that automatically turns on when needed increases visibility.
3. **Bathmat.** Use non-slip bathmat or remove altogether.
4. **Assistive equipment in shower.** A sturdy shower seat and hand-held shower head with hose reduces risk of falls.

Bedroom: What's wrong?



- 1. Little nighttime lighting.** Poor or no night lighting can lead to falls.
- 2. Assistive equipment not within reach of bed.**
- 3. Disheveled bedding.** Bedding allowed to drape on floor is a tripping hazard.

Bedroom: Much Better



- 1. Appropriate nighttime lighting.** Table lamp close to bed and wall mounted, lightsensitive nightlight added to improve visibility.
- 2. Assistive equipment within reach.**
- 3. Keep bedding tucked in.** Removal of draped bedding and a cleaner floor in general reduces falls risk.

Living Room: What's wrong?



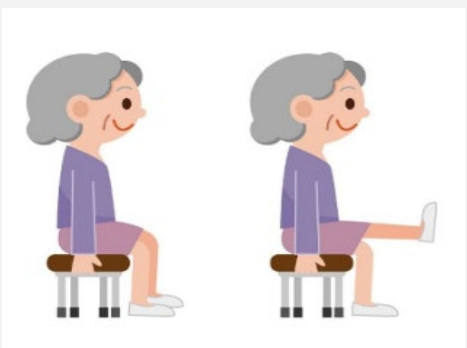
1. **Non-secured rug.** Curled rug is easy to trip over.
2. **Exposed cords.** Extension or telephone cords can easily entangle feet.
3. **Clutter.** Craft projects and basket are blocking path to sofa.

Living Room: Much Better



1. **Remove or secure rugs.** Eliminates tripping hazard.
2. **Hidden cords.** Telephones and electronic devices are placed nearer to wall sockets, and all cords are removed from walkways.
3. **Organized room.** Less overall clutter and organized projects reduce falls risk.

STATIONS OVERVIEW



1. RANGE OF MOTION EXERCISES

- ACTIVE LEG RANGE OF MOTION EXERCISE: SITTING



2. TRANSFERRING

- HOW TO USE A GAIT BELT
- PROPER BODY MECHANICS WHEN TRANSFERRING



3. Home Fall Prevention Checklist

- Interactive

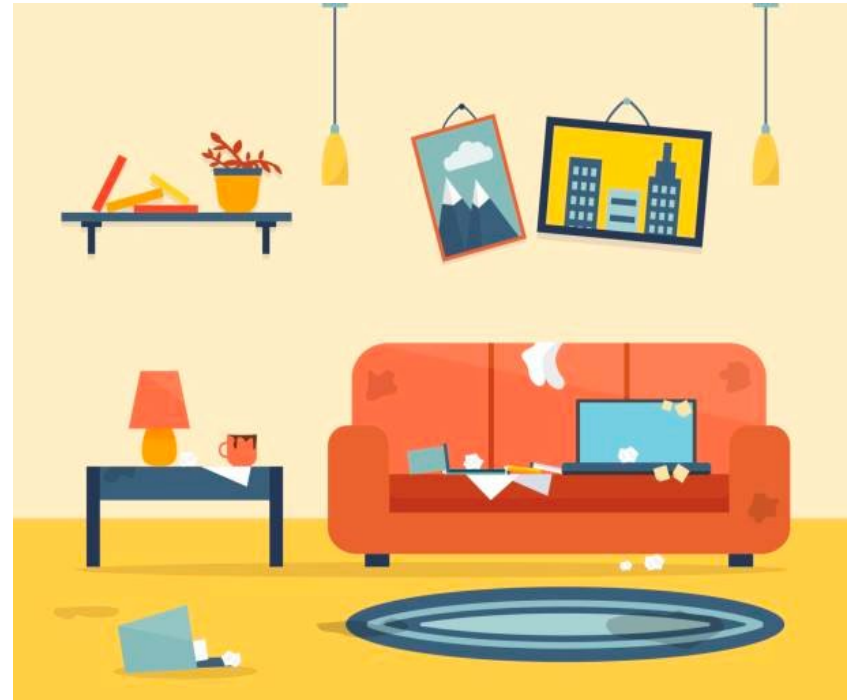
Questions?

Group # 3

H O M E F A L L P R E V E N

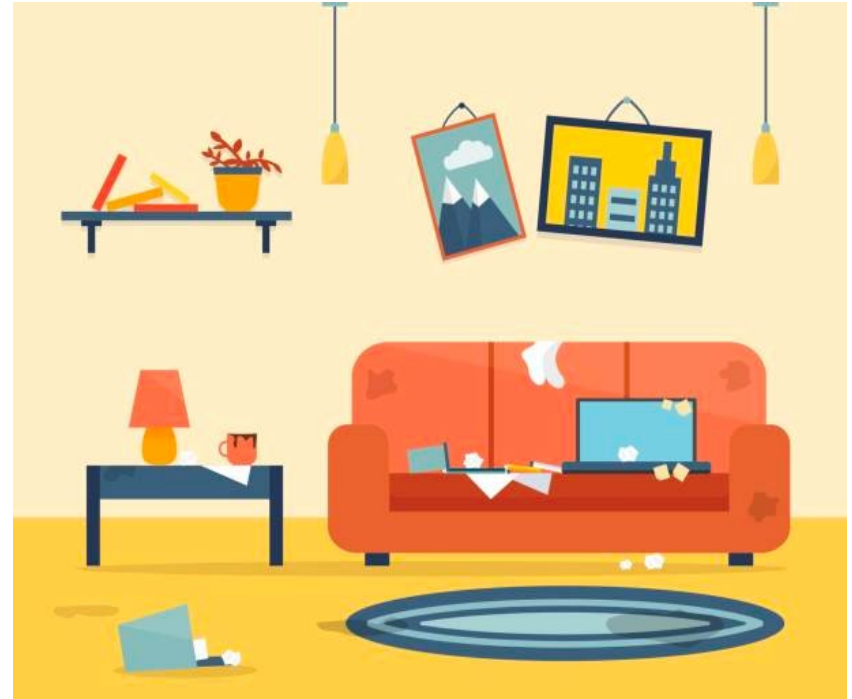
Floors & Rugs

1. What should your floor look like to prevent fall risk?
1. Are rugs safe to have?

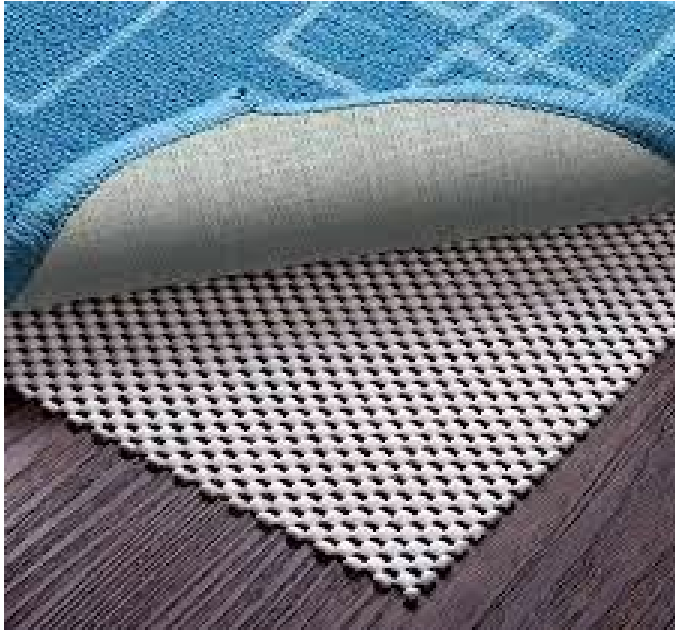


Floors & Rugs

1. What should the floor look like to prevent fall risk?
 - **Arrange furniture so there are clear walking paths**
 - **Free from clutter**
1. Are rugs safe to have?
 - **No:** if rugs are NOT secured
 - **Yes:** if rug is secured with gripper rug pads



Gripper Rug Pads



Indoor & Outdoor stairs



- **Take your time! Rushing is a major cause of falls**
- What should be installed on stairs?
- What should your stairs be free of?

Indoor & Outdoor stairs



- **Take your time! Rushing is a major cause of falls**
- What should be installed on stairs? **handrails & good lighting**
- What should your stairs be free of? **clutter**

ACTIVITY

Spot the Hazard

