Volume XXVIII

Avoiding Falls in Long-Term Care Facilities

A Video Guide for Nurses and Certified Nursing Assistants in Long-Term Care Facilities

Facilitator’s Guide
Every year, as many as three out of four long-term care residents fall. By themselves, falls are rarely fatal, but the injuries and resulting complications sustained from a fall can start residents on a downward spiral.

Understanding the causes and consequences of falls will help you to be proactive in using strategies for preventing it. While caregivers can never completely eliminate falling, we can significantly reduce the risk.
This facilitator’s guide will help you plan for and conduct sessions to help ensure that you maximize the material in this video. Consider your facility’s protocol for addressing fall prevention and for practices that help you prepare rooms and protect residents. Before your workshop, consider topics to engage in meaningful discussion regarding falls.

This program will focus on understanding falls, identifying risk factors that increase the chances of falls, and techniques to help you prevent falls.

“Avoiding Falls in Long-Term Care Facilities” is a video-based learning program. It supports the needs and motivations of health care professionals and staff that provide direct resident care. Conduct learning sessions for:

- All CNAs
- All RNs
- All newly hired CNAs and RNs

“Avoiding Falls in Long-Term Care Facilities” can positively influence care giving by helping learners understand:

- The consequences of falls
- How to identify risk factors that contribute to falling
- What you can do to help minimize falls among your residents
“Avoiding Falls in Long-Term Care Facilities” is a practical educational tool. It demonstrates important skills necessary to help caregivers prevent falls. This video training provides a unique and interactive learning experience. In addition to the valuable learning information contained in the video and accompanying facilitator’s guide, the video in-service provides opportunities for facilitated discussion to help participants understand how fall prevention techniques and skills can affect residents’ overall quality of life.
SAMPLE GROUP SESSION AGENDA

Use the following sample agenda to structure a session featuring “Avoiding Falls in Long-Term Care Facilities.”

Length of videotaped program: approximately 25 minutes

Suggested length of session: 1 hour

Materials needed:
• This facilitator’s guide
• The “Avoiding Falls in Long-Term Care Facilities” video program
• Optional paper and pencils for participant note-taking
• Optional flipchart and markers for writing key ideas
<table>
<thead>
<tr>
<th>Time</th>
<th>Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 min</td>
<td>Welcome the group to your session.</td>
</tr>
<tr>
<td>5 min</td>
<td>INTRODUCE the “Avoiding Falls in Long-Term Care Facilities” topic by leading this discussion:</td>
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<tr>
<td></td>
<td>ASK: What steps do you feel you can take to prevent falls?</td>
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<td>Review the learning objectives – after viewing this program you will be able to:</td>
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<tr>
<td></td>
<td>• Understand the consequences of falls</td>
</tr>
<tr>
<td></td>
<td>• Identify risk factors that contribute to falling</td>
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<td></td>
<td>• Recognize what you can do to help minimize falls among your residents</td>
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<tr>
<td></td>
<td>ASK: How are these learning objectives relevant in your facility?</td>
</tr>
<tr>
<td></td>
<td>DISCUSS: Prior knowledge of resident falls. Try to understand the group’s prior experience so you can help reinforce good practices and change those that are incorrect. (Encourage discussion to help uncover staff knowledge). With this baseline, you can better understand how to focus later discussions and follow-up exercises. You can also realize how the learning sessions have helped to improve training.</td>
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</tbody>
</table>
AVOIDING FALLS IN LONG-TERM CARE FACILITIES

5 min Show first module of video program – *Introduction*

5 min Engage viewers in a brief discussion about MODULE 1. If group members are slow to respond, consider briefly recapping the main ideas emphasized in the first module (or the key situations and behaviors with which you feel your group can most easily relate).

DISCUSS the consequences for your facility when preventable falls occur. Encourage participants to talk about some of the problems that they have witnessed. Discuss their role in preventing it and how that role can be expanded in order to protect the residents under their care.

ASK: Why are older adult residents more susceptible to falls?

ASK: Why are falls so dangerous for older adults?

ASK: What are some facility protocols or practices designed to help prevent falls?

5 min Show second module of video program – *Consequences of Falls*

5 min Engage viewers in a brief discussion about MODULE 2. If group members are slow to respond, consider briefly recapping the main ideas emphasized in the second module (or the key situations and behaviors with which you feel your group can most easily relate).
DISCUSS with participants what can happen when a resident falls. Have they witnessed falls? Are they aware of the frequency of falls in long-term care facilities?

ASK: Describe some of the injuries that can result from falls?

ASK: What are some consequences that can result from these injuries? Have you witnessed any examples of these among your residents? Please describe them.

ASK: What can you do if a resident appears depressed or unwilling to participate in physical activity following a fall?

3 min Show third module of video program – Why Residents Fall (Risk Factors)

5 min Engage viewers in a brief discussion about MODULE 3. If group members are slow to respond, consider briefly recapping the main ideas emphasized in the third module (or the key situations and behaviors with which you feel your group can most easily relate).

This module covers the risk factors that influence falls. Be prepared to discuss them – to debate, clarify and apply these cues to your facility.

ASK: What are some resident-based risk factors you’ve seen? What did you do to limit the risk?

ASK: What are some environmental risk factors you’ve seen? What did you do to limit the risk?

ASK: Why is it important to be knowledgeable about your residents’ medical and physical history?
AVOIDING FALLS IN LONG-TERM CARE FACILITIES

5 min  Show fourth module of video program – How To Minimize Falls

5 min  Engage viewers in a brief discussion about MODULE 4. If group members are slow to respond, consider briefly recapping the main ideas emphasized in the fourth module (or the key situations and behaviors with which you feel your group can most easily relate).

DISCUSS techniques for preventing falls. Solicit your participants’ reactions. Have them identify a time when they have applied these techniques. Ask them to discuss times when they could apply the skills and practices presented here.

ASK: Identify some information about one of your residents that you feel puts him or her at risk for falling.

ASK: What type of resident-based risk factors do you think can help minimize falls at your facility?

ASK: What are the protocols at your facility for addressing facility-based risk factors?

ASK: Identify a step that you’ve taken in the past to reduce a risk factor?

2 min  Show fifth module of video program – Conclusion

3 min  Engage viewers in a brief discussion about MODULE 5. If group members are slow to respond, consider briefly recapping the main ideas emphasized in the fifth module (or the key situations and behaviors with which you feel your group can most easily relate).
ASK: Identify something you’ve learned about falls during this training.

ASK: Do you know what you can do to prevent falls?

**2 min**

In closing:

ASK for questions or additional comments from the group.

DISCUSS as appropriate.

Thank group members for their participation and conclude the session.
EXERCISES AFTER VIDEO

• How do you rate our current success in providing information regarding resident falls? How do residents rate our success?

• What are some examples you’ve seen in just the last week or two of
  — Falls risks
  — Practices to prevent falls

• What can you do to help yourself and other members of the staff better understand the cause and prevention of falls? What strategies do you use at your facility to address falls and to safeguard resident health and quality of life?

Suggest that participants accept a follow-up assignment, as a proactive step in improving their understanding of how to prevent falls.

For example, participants might be asked to identify risk factors in their facility. Ask participants to develop preventative measures to reduce the risk of falls.

Then, hold a second meeting and ask each staff member to share what they have learned or any successes they have witnessed.

Finally, as a group, establish a series of recommendations outlining how to best prevent falls among residents.
Questions?

If you have questions about how to implement the “Avoiding Falls in Long-Term Care Facilities” program, or if you would like information about other programs available from ElderCare Communications, call or write:

ElderCare Communications
680 Northland Boulevard, Building C
Cincinnati, Ohio 45240
Phone: 800-505-3232
www.eldercarecommunications.com

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