

Interventions for Incident Reduction



Schedule

- Toilet at the same times
- Provide naps and sleep schedule as resident prefers
- Provide access to natural sunlight/outdoors as able to stimulate sleep cycle
- Place resident on timed visual checks



Sensory

- Signage with white background and large bold, black lettering
- Paint wall behind toilets darker color to increase visibility
- Provide aroma therapy



Evaluate

- Eliminate overhead paging (agitates the residents)
- Provide non-glare flooring without throw rugs
- Provide a bell instead of a call light
- Turn down lights during sleeping times, leave lights on during waking times



Physical

- No gripper socks when in bed
- Call light/alerting system within reach
- Glasses & hearing aids clean and on resident
- No side rails on bed



Medical

- Review medications and lab value
- Include Pharmacist in fall reviews



Behavioral

- Provide meaningful resident-specific activities
- Place familiar objects in room
- Offer calming music
- Offer non-alcoholic beer, or wine/beer with physician order

Communication

- Inform staff of new falls and changes in interventions
- Seek input from family and resident
- Post signs for cueing



Programming

- Frequent supervised ambulation
- Provide massage therapy
- Provide meaningful activities



Supervision

- Permanent nursing assistant assignments if beneficial
- 1:1 supervision during high risk periods
- Room location near nursing station



Assessment

- Bowel/bladder patterning
- Behavior monitoring
- Assess fatigue pattern during the day – provide rest
- Assess need for pain management
- Assess for hunger and/or thirst
- Evaluate new shoes for thicker soles that could interfere with ambulation



Positioning

- Wheelchair:
 - Remove footrests during transfers
 - Use Wheelchair cushions
 - Proper fit
- Mattress:
 - Perimeter mattress
 - Side wedges for bed
 - Winged mattress
 - Wider bed



Equipment

- Replace tips on cane, walker and/or crutches
- Provide bedside urinal
- Adaptive equipment
- Height appropriate bed
- Landing mat on floor next to bed