

Fall Intervention Checklist

Resident _____ Room # _____

Directions: Select interventions.

Risk Factor: Medications	<p>For changes in psychotropic medications:</p> <ul style="list-style-type: none"> Medication review (consult with pharmacy) Monitor and report changes in anxiety, sleep patterns, behavior and/or mood Monitor and report drug side effects Behavior management strategies Sleep hygiene measures <ul style="list-style-type: none"> No caffeine after 4 p.m. Comfort measures Pain management Regular exercise, limit napping Relaxing bed routine Individualized toileting at night Safe bathroom routine Up at night with supervision <p>For changes in Digoxin</p> <ul style="list-style-type: none"> Monitor apical heart rate; if <50, notify PCP 	Risk Factor: Mobility	<p>Increase staff assistance</p> <ul style="list-style-type: none"> Early morning During ambulation During all transfers To and from bathroom Other _____ <p>Correct height of bed, toilet, or chair</p> <ul style="list-style-type: none"> Keep bed at correct height as marked on footrest or wall Use raised toilet seat Use cushion in lounge chair Lower lounge chair <p>Increase bathroom safety</p> <ul style="list-style-type: none"> Use adequate handrail support Use easy to manage clothing <p>Promote wheelchair safety</p> <ul style="list-style-type: none"> Use individualized labeled wheelchair Check brakes and instruct patient on use <p>Seating Modifications</p> <ul style="list-style-type: none"> Use all prescribed seating items <p>Other _____</p>
Risk Factor: Vision	<p>Last vision exam _____</p> <ul style="list-style-type: none"> Corrective lenses Keep eyewear within easy reach Encourage patient to wear glasses <p>Low vision precautions</p> <ul style="list-style-type: none"> Use maximum wattage allowed by fixture Increase lighting in room Use adequate lighting at night Add high contrast strips on stairs, curbs, etc. Use signs with large letters or pictures Use high contrast to offset visual targets Reduce glare <p>Other _____</p>	Risk Factor Unsafe Behavior	<p>Behavior management strategies</p> <p>Increase assistance and surveillance</p> <ul style="list-style-type: none"> Position or pressure change alarm Movement sensor Locate patient near station Intercom Toilet at regular intervals Increase activities involvement Other _____ <p>Reduce risk of injury</p> <ul style="list-style-type: none"> Floor mats, non-slip mat Low bed Helmet, wrist guards, hip protectors Non-skid strips, non-skid rug Non-skid socks Lower or remove bed side rails <p>Increase comfort</p> <ul style="list-style-type: none"> Pain management Frequent rest periods Recliner or chair with deep seat Rocking chair Wheelchair seating items Exercise Cradle mattress Sheepskin, air mattress, pillows Other _____

This information based on the [AHRQ Falls Management Program](#).

Appendix B11: Fall Interventions Plan. Content last reviewed February 2023. Agency for Healthcare Research and Quality, Rockville, MD.
<https://www.ahrq.gov/patient-safety/settings/long-term-care/resource/injuries/fallsp/amanapb6.html>

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