

Fall-FACTOR- A Quality Improvement Project

Please note: Each question may have more than one option as the correct answer. Please circle the letters that correspond to the correct answers.

1. The average number of falls per day in our trust for the year 2015-2016 was
 - a. 4/day
 - b. 8/day
 - c. 12/day
 - d. 16/day

2. Which of the following statements is *correct*? **(Multiple correct response)**
 - a. Falls have multifactorial etiology, so fall prevention programs should comprise multifaceted interventions.
 - b. Regular review of medication can help to prevent patient falls.
 - c. The risk of falling will be lessened when a patient's toileting needs are met.
 - d. The use of antipsychotic medications is associated with an increased risk of falls in older adults.

3. A multifactorial intervention program should include: **(Multiple correct response)**
 - a. Individually-tailored fall prevention strategies
 - b. Education to patient/family and health care workers
 - c. Environmental safety
 - d. Safe patient handling

4. Risk factors for falls in the acute hospital include all of the following **except**:
 - a. Dizziness/vertigo
 - b. Previous fall history
 - c. Antibiotic usage
 - d. Impaired mobility

5. Which of the following statements is *true*? **(Multiple correct response)**
 - a. The cause of a fall is often an interaction between patient's risk, the environment, and patient risk behavior.
 - b. Increase in hazardous environments increases the risk of falls.
 - c. The use of a patient identifier helps to highlight to staff those patients at risk for falls.
 - d. A fall risk assessment should include review of history of falls, mobility problems, medications, mental status, continence, and other patient risks.

6. Patients with impaired mobility should be: **(Multiple correct response)**
 - a. Confined to bed
 - b. Encouraged to mobilise with assistance
 - c. Assisted with transfers
 - d. Referred for exercise program or prescription of walking aids as appropriate

7. The management of the acutely confused patient should include all of the following **except**:
- Moving patients away from the nursing station
 - Involving family members to sit with the patient
 - Orienting patients to the hospital environment
 - Reinforcing activity limits to patients and their families
8. Which of the following statements **is false**?
- Fall prevention efforts are solely the nurses' responsibility.
 - A patient who is taking four or more oral medications is at risk for falling.
 - A patient who is taking sedative medication is at higher risk for falling.
 - Testing or treatment for osteoporosis should be considered in patients who are at high risk for falls and fractures.
9. In hospital settings, intervention programs should include: **(Multiple correct response)**
- Staff education on fall prevention
 - Referral to physiotherapy for provision of mobility aids
 - Post-fall analysis and problem-solving strategy
 - Bed alarms for all patients, regardless of risk
10. When assessing patients, which of the following statements **is false**?
- All patients should be assessed for fall risk factors on admission, at a change in condition, after a fall, and at regular intervals.
 - Medication review should be included in the assessment.
 - All patients should have their activities of daily living and mobility assessed.
 - Environmental assessment is not important in the hospital as it is all standardised.
11. Which of the following statements on education in fall prevention **is false**?
- Education programs should target primarily health care providers, patients, and caregivers.
 - Education programs for staff should include the importance of fall prevention, risk factors for falls, strategies to reduce falls, and transfer techniques.
 - Instruction on safe mobility, with emphasis on high-risk patients, should be provided to both patients and families.
 - Education should only be given at the start of the fall prevention program.
12. Which of the following is recommended to improve patient safety? **(Multiple correct response)**
- Visual field assessment on admission
 - Lying and standing blood pressure to diagnose postural hypotension
 - Medication review to highlight drugs that increase the risk of falls
 - Placing frequently used items (including call bell, telephone, and remote control) within reach of the patient

Please provide your name and email address to forward you the relevant links and documents about falls assessment and prevention. A post- education questionnaire will be sent to this email address to assess the improve in falls knowledge.

Name:

Email address: