

Perth & Kinross Health and Social Care Partnership Managing Falls and Fractures in Care Homes for Older People Good Practice Resource

- **Self Assessment Form** - to be completed by manager and/or Falls lead

The resource is divided into sections

1. Introduction to falls and fractures

- Why falls prevention and management matters.
- Why falls happen.
- How falls and fractures can be prevented.

2. Guidance for improving the quality of care

How to identify areas for improvement.

How to use the self assessment.

How to plan, test, implement and evaluate the changes you make.

How to make improvement last.

- Tool 1a **The Model for Improvement**
- Tool 1b **The Model for Improvement and PDSA cycle planning and progress proforma**
- Tool 1c **The Model for Improvement example**
- Tool 2a **Improvement log**
- Tool 2b **Action plan**

3. Prevention of falls and fractures

How to use multifactorial falls risk screening to recognise and reduce individual resident's risk of falling.

How to take simple steps to reduce the risk of everyone in the care home falling.

- Tool 3 **Preadmission falls questionnaire**
- Tool 4a **Multifactorial Falls Risk Screen (MFRS) and falls care plan**
- Tool 4b **Care home resident falls and fracture risk/intervention tool**
- Tool 5 **Falls: Information for family and friends**
- Tool 6 **Falls management checklist**

4. Keeping well: learning more about risk factors and how to prevent falls and fractures

How to identify and manage key risk factors for falls and fractures.

- Tool 7a **Wheelchair safety inspection guide**
- Tool 7b **Wheelchair safety inspection record**
- Tool 8 **Falls prevention monitoring form**
- Tool 9 **The Abbreviated Mental Test (AMT)**
- Tool 10 **Protocol for measuring lying/standing blood pressure (BP) (checking for Orthostatic Hypotension)**
- Tool 11 **Resident environment and orientation tool**
- Tool 12 **Generic falls environmental risk assessment**
- Tool 13 **Bedrail risk assessment**
- Tool 14 **Seating matters**
- Tool 15 **Post fall pathway for managing a resident who has fallen or has been found on the floor**
- Tool 16 **Telecare matters: A quick guide to technology enabled care and support**

5. Management of falls and fractures

How to provide immediate care after a resident has fallen.

How to learn from falls to improve care, prevent further falls and reduce harm from falls.

- Tool 17a [Guidelines for completing a post falls/incident report form](#)
- Tool 17b [Post fall/incident report form](#)
- Tool 18a [Care home monthly falls diary guidance](#)
- Tool 18b [Care home monthly falls diary](#)
- Tool 19 [Fall data spreadsheet](#)
 - [How to use the falls data spreadsheet](#)
- Tool 20a [Procedure for the use of measles chart/falls plotting](#)
- Tool 20b [Measles chart example](#)
- Tool 21a [Guidance on completing the falls safety cross](#)
- Tool 21b [Falls safety cross](#)

6. Working together

How to build and strengthen links with the wider health and social care team, other care homes and the community to share learning and improve care.

- Tool 24 [Service directory](#)

7. Education and written guidance

How to improve the knowledge and skills of staff in your care home to improve care.

- Tool 5 [Falls: Information for family and friends](#)
- Tool 22 [Training database](#)
- Tool 23 [Managing falls and fractures in care homes for older people: DVD education pack](#)

8. Falls prevention and management tools

A range of tools that can be used to improve aspects of the management and prevention of falls and the prevention of fractures. You can dip in and out of the resource pack and use what is helpful to you.