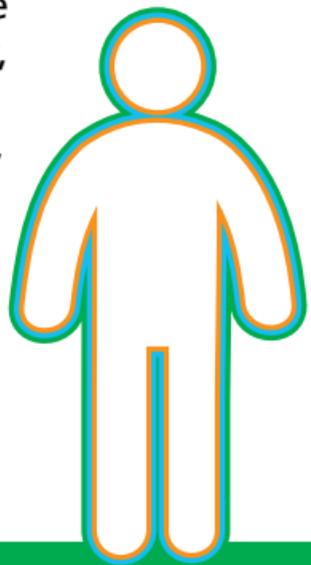


This falls pocket guide has been developed for all care home staff as part of the React2Falls prevention programme in partnership with Doncaster CCG.

The programme aims to identify, develop and share resources, tools and examples of good practice designed to prevent or reduce falls in care homes.



## Vision and hearing

Have they had a sight / hearing test in the last 12 months?

Are glasses in good condition, clean and worn consistently?

Is the hearing aid clean and working?



## Continence

Is there any constipation / diarrhoea or a frequent need to pass urine?



## Environment

Are they familiar with their surroundings?

Is the environment free from clutter or hazards?

Is the lighting suitable, not too dim or bright?



## Foot health and foot wear

Are there any foot problems that affect balance?

Are they wearing correctly fitting footwear?



## Nutrition and hydration

Any recent weight changes or little appetite?

Are they drinking enough fluids?

Have they had a Recent oral health check - do dentures fit well?



YORKSHIRE & HUMBER  
ACADEMIC HEALTH SCIENCE NETWORK



In partnership with NHS England and  
NHS Doncaster Clinical Commissioning Group

# Think Falls

what can I do  
to prevent  
a fall?

**REACT**  
**2 FALLS**  
PREVENTION



***"Think:***

*today, is my resident at risk of falling or have their falls increased?"*

How to identify the risks for your residents in terms of falls and how as a team can you take actions to prevent them.



### Fall History

Has there been a fall in the last 12 months?

Is there a frequency or pattern to the falls?

Have you discussed the risk with the resident and family?



### Medical

Has the medical condition deteriorated? Any signs of infection including fever, cough and shortness of breath or a burning pain with urination?

Are they dizzy on standing? If so check blood pressure

Do they need a review?



### Bone health

Is there a history of fractures or a family history of osteoporosis?

Is there sufficient calcium in the diet?

Have they been on steroid treatment for 3 months or more?



### Mobility and Balance

Are they Unsteady or unsafe walking?

Any difficulty with transfers - on and off the toilet/bed/chair?

Are mobility aids used correctly and consistently?



### Memory problems

Are they more confused or disorientated than normal?

Are they a new resident, on respite or unfamiliar with surroundings?



### Medication

Are they taking more than 4 types, had recent changes and taking them at the correct time?

Do the medicines make the resident seem sleepy / dizzy / unsteady / want to use the toilet more frequently?