

Falls Prevention Policy

HS05

Date Written	
Author(s)	
Version	
Date Signed Off	
Reviewed by	

Date: []

Review Data

Initial Production

Name	Role/Department	RACI	Date

R = Responsible for writing the policy; **A** = Accountable; **C** = Consulted; **I** = Informed

Change History

Version	Date	Details of Change	Author

Emergency Contact Details

Name	Email	Mobile

CQC Fundamental Standards

Regulation Number	Regulation Details
Regulation 12: Safe care and treatment	Care and treatment must be provided in a safe way for service users, including assessing the risks to the health and safety of service users and doing all that is reasonably practicable to mitigate any such risks.

Key Lines of Enquiry

KLOE	How this applies to Falls Prevention
Safe	Consistently assessing the risk of falls, and taking steps to mitigate those risks, helps ensure that the service is safe.
Effective	By documenting clearly in the care plan actions required to reduce the risk of falls we help ensure that the service is effective.

Related Documents

This policy should be read in conjunction with our:

- CP02 - Care Planning Policy
- HS08 - Risk Assessment Policy

Policy Statement



Policy Aims

This policy shows how Careville Ltd contributes to the assessment of the risks associated with falls and falls prevention of its service users.

Careville Ltd recognises that many of its service users will receive help with problems associated with falls from other community and health services, including falls prevention specialist teams. However, it also recognises that it can make an important contribution to any falls risk assessments and prevention programmes required by its service users, particularly those who are paying for their own care and support services.

Risk Assessment

Each service user has a full risk assessment conducted at the time of the start of the service which includes their risk of falls. This is recorded in their service user plan (care/support plan) and must be read by all care workers to ensure that they are aware of the particular needs of each person.

The falls risk assessment includes:

1. any history of falls, no matter how minor
2. any medical risk factors, e.g. osteoporosis or blood pressure problems
3. a full assessment of the user's mobility or need for mobility aids/help with mobility

(including getting in and out of bed, in and out of the bath, in and out of a chair, etc.)

4. a review of footwear and ability to dress
5. any psychological factors, such as fear of falling, that might have limited the resident's activities
6. any rehabilitative factors, such as recovery from an existing falls injury or a related condition such as stroke, etc.

All staff responsible for conducting a risk assessment and falls assessment are trained:

1. in this falls risk assessment and prevention policy and have their training regularly reviewed and updated
2. to be aware of the importance of falls prevention and of reporting any changes to a person's condition that could increase their level of risk
3. to be aware of slips, trips and falls hazards and to take action to minimise those risks in line with health and safety guidelines.

Care Plan

Each person has an individualised plan of care, which takes into account significant risks of falling identified in the risk assessment and includes interventions designed to reduce or eliminate those risks. Examples include ensuring that service users:

1. are encouraged not to get up from chairs too quickly
2. have help getting out of the bath where necessary (bathroom slips, where water adds to the hazards faced by a frail person, are very common)
3. with mobility problems have up-to-date mobility aids and know how to use them properly
4. have adequate well-fitted footwear, including slippers
5. who are at risk of falling are, where agreed, escorted by care workers, e.g. to go shopping

All service users will have a regular review of their medication

All service users will have a regular health check/review

Any service user identified as having sensory/healthcare problems will be advised to seek help from an appropriate specialist (e.g. an optician in the case of eyesight problems) or by referral to the person's GP in the case of, say, hearing or balance problems.

All falls risks are managed in collaboration with relevant local healthcare professionals (e.g. district nurses, community nurses, occupational therapists, etc.) and in line with local falls prevention strategies and procedures. Service users are also advised to seek help from their local Falls Prevention Team, which can advise on a suitable falls prevention programme.

Recording:

Any trips and fall by a service user or member of staff need to be recorded in the accident/incident book in line with this policy



Key Question: How are Service Users protected against slips, trips and falls?

Every precaution is taken to advise the service user about the hazards associated with slips, trips and falls so they can be effectively controlled, not only to protect at-risk service users but also to protect people who live in or visit the person's home. Careville Ltd accordingly routinely carries out a household hazard assessment to include:

1. trailing wires, cables and power leads (including temporary plugged-in devices like fires, vacuum cleaners and lights)
2. hazards in stairways and doorways
3. any hazards from slopes in the house or the garden, including pathways and driveways
4. carpets and rugs that are worn, damaged, rucked up, curled at the edge or loose
5. areas that are sometimes slippery due to spillages, such as bathrooms and kitchens
6. rooms that are cluttered with furniture
7. areas that are dimly lit
8. areas that become icy in winter, particularly slopes or steps



Key Points to Take Away

- Each service user has a full risk assessment conducted at the time of the start of the service which includes their risk of falls. This is recorded in their service user plan (care/support plan) and must be read by all care workers to ensure that they are aware of the particular needs of each person.
- Every precaution is taken to advise the service user about the hazards associated with slips, trips and falls so they can be effectively controlled, not only to protect at-risk service users but also to protect people who live in or visit the person's home.
- All service users will have a regular health check/review.

Authorisation and Signature

This Policy is the authorised version agreed by the Directors of Careville Ltd. All employees are expected to follow this policy and failure to do so could result in disciplinary action.

Director's Signature

Director