

## Session One

Instructor: \_\_\_\_\_ Name: \_\_\_\_\_  
 Class: Falls Prevention Date: \_\_\_\_\_  
 Session: Session 1 Results: \_\_\_\_\_

### Instructions

Instruct all students to read each question carefully and then circle or tick the correct answer.

1. **What are some examples of best practice to prevent falls in high risk patients?** (You can circle more than one answer)
  - a. Use of hi-lo or lo-lo beds
  - b. use bed and chair alarms to alert staff to patient movement
  - c. provide increased supervision ( trained carers, paid staff or trained volunteers)
  - d. ensure patients are wearing non-slip footwear and socks
  - e. able to institute regular monitoring of patient every 15 minutes
  - f. familiarise patient to hospital environment on admission and post-surgery
  
2. **What are essential post fall management principles that apply here?**

a. Check patient for signs of injury including bruising, fractures, internal bleeding, head injury, laceration and document well in patient notes	True <input type="checkbox"/>	False <input type="checkbox"/>
b. Undertake neurological observations as per nursing manual guidelines over the next 24 hours then monitor as required	True <input type="checkbox"/>	False <input type="checkbox"/>
c. Increase patient supervision ( using special, AIN, companion observer)	True <input type="checkbox"/>	False <input type="checkbox"/>
d. Review patient’s falls risk and adjust their patient care plan and ensure changes are communicated to all relevant clinical staff	True <input type="checkbox"/>	False <input type="checkbox"/>
e. Arrange for medical review of patient as soon as practicable	True <input type="checkbox"/>	False <input type="checkbox"/>