Fall Risks for Elderly Nursing Home Patients

WebQuest Description: This WebQuest discusses fall risks and interventions to help prevent falls for elderly nursing home patients. At the end of this WebQuest the nursing student will be able to recognize extrinsic and intrinsic fall risks, perform a risk assessment, create a fall risk careplan and put interventions into place.

Grade Level: College / Adult
Curriculum: Professional Skills
Keywords: falls, elderly, nursing home, risk, prevention
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Introduction

Nursing home residents often suffer from physical and cognitive impairment (Vlaeyen et al., 2015). These elderly men and women reside in nursing homes because they are unable to care for themselves out in the community. Falls are a serious concern among nursing home residents. "Nursing home falls occur at twice the rate of community falls" (Botwinick et al., 2016, p. 43). Studies have shown that this is probably due to the fact that nursing home residents often have more comorbidities and are more debilitated than their counterparts out in the community (Botwinick et al., 2016). Falls in nursing home residents often lead to serious injury. They are the leading cause of traumatic brain injury (TBI), bone fractures (in particular, hip fractures) and the leading cause of fatal injuries (Botwinick et al., 2016). Falls and their consequences are a significant cost to the US healthcare system (Botwinick et al., 2016). So how can we prevent falls? We need to know the risks and try to minimize them by putting interventions in place.

Tasks

Your task is to be a nursing superhero and help to prevent falls! A new resident is being admitted to your nursing home. Based on what you know about the resident, you will complete a fall risk assessment and put interventions into place to help prevent falls. In the process you will learn about many fall risk factors and what you can do to help keep your residents safe! Read the attached article to get you started on your way to fall prevention!

Process

1. First, read the attachments and then watch the three YouTube videos. 2. Read the patient profile and complete the Fall Risk Assessment based on what you have read. Tally up the score. Share and compare your results with a partner. 3. With your partner, customize a fall care plan for your patient. Include interventions that will help prevent falls. Use the attached sample care plan to assist you. Remembe
### Chronic Bowel Incontinence

**2Physical Function**

- **Previous Falls**
- **Unsteady Gait**
- **Contractures**
- **Paraplegia or Quadriplegia**
- **Unable to ambulate independently**
- **Sensory Vision impairment**
- **Hearing impairment**
- **Lacks awareness to use handrails or arm rests**
- **Cannot transfer safely**
- **Psychotropic medications**
- **Sleeping medications**
- **Pain medications**
- **Hypertensive medications**
- **Diuretics**
- **Total:_____ Scale:0-15**

**Minimum Risk for Falls**

- **16-35** Moderate Risk for Falls
- **36 and over** Significant Risk for Falls

### Fall Risk Care Plan

**High fall risk as evidenced by:**

- **Outcome:**
- **Interventions:** (Insert risk factors here)
  - Resident will remain free from injury
  - **(Be creative!)**

### Evaluation

Your work will be evaluated using the following rubric:

- Fall Assessment:
  - 2 Points-Completed accurately and thoroughly without leaving anything out. Discussed and shared responses with partner and corrections made if necessary.
  - 1 Point-Partially completed or accurately completed but did not engage in discussion or share responses with partner.
  - 0 Points-Not completed, did not engage in discussion or share responses with partner.

- Minimum Risk for Falls:
  - High fall risk as evidenced by:
  - Outcome:
  - Interventions: (Insert risk factors here)
  - Resident will remain free from injury:
  - (Be creative!)

- Moderate Risk for Falls:
  - Significant Risk for Falls:
Congratulations! You have learned all about fall risks and what you can do to prevent falls in nursing home patients! Remember, evaluation is a process and patients' conditions may change over time. It is important to periodically reevaluate patients to assess for new risk factors. Interventions are evidence-based. It is a good idea to keep current with research related to falls. If you’d like to learn more, check out this research article:

This WebQuest is ideal for undergraduate nursing students as an adjunct to a curriculum focusing on gerontology. It is a fun, informative activity that can be used in preparation for a nursing home clinical experience. It is ideal for partner work in the classroom. Completion of this WebQuest should take approximately 45 minutes.

**Standards**
By completing this WebQuest nursing students will:
* Learn risk factors that contribute to falls in elderly nursing home patients.
* Assess a fictitious patient for fall risks and use this information to complete a fall risk assessment.
* Use the provided resource links and images to learn more about fall risks and interventions to prevent falls.
* Create a care plan with customized interventions for the fictitious patient.

**Credits**

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**Fall Assessment**
- Not completed. Did not engage in discussion or share and review with partner.
- Partially completed or accurately completed but did not engage in discussion or share and review responses with partner.
- Complete accurately and thoroughly without leaving anything out. Shared and reviewed with partner and corrections made if necessary.

**Fall Care Plan**
- Task not completed. No discussion or collaboration with partner.
- Some fall risk factors listed and/or minimal interventions listed and/or did not discuss and collaborate with partner.
- All fall risk factors listed. Intervention list is thorough and detailed. Discussed and collaborated with partner.

**Total Score**

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**Conclusion**

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**Teacher Page**

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**Other**