

# Ensuring safety policy: Post-fall assessment



## Purpose

The purpose of this policy is to ensure prompt and thorough assessment of residents who experience falls in senior living communities. Post-fall assessments are critical for identifying injuries and guiding appropriate treatment, emphasizing safety and optimal care.

## Scope

This policy applies to all clinical staff involved in resident care within senior living settings.

## Policy Statement

When a resident falls, clinical staff must conduct a comprehensive post-fall assessment to determine if injuries are present and provide appropriate treatment. The priority is to ensure basic life support needs are met, followed by immediate evaluation and stabilization.

## Procedure

### 1. Basic Life Support (BLS) and Emergency Response

#### 1.1. Airway, Breathing, and Circulation (ABC):

- Ensure the resident's airway is clear.
- Assess breathing and circulation.
- If life-threatening injury suspected, designate someone to call 911 emergency services (EMS).
- Initiate CPR if the resident is unresponsive and pulseless.

### 2. Immediate Evaluation and Stabilization

#### 2.1. Assessment of Vital Signs and Neurological Status:

- Check vital signs (heart rate, blood pressure, respiratory rate, temperature).

- Assess apical and radial pulses.
- Evaluate cranial nerve function.
- Examine skin for pallor, trauma, circulation, abrasions, bruising, and sensation.
- Assess central nervous system function in lower extremities.
- Determine the resident's level of consciousness.
- Observe for subtle cognitive changes.
- Assess pupils and orientation.
- Observe leg rotation and look for hip pain, extremity shortening, and pelvic or spinal pain.

#### 2.2. Documentation and Communication:

- Notify the attending physician and family.
- Document findings promptly in the resident's medical record.
- Communicate assessment results to the interdisciplinary team.

### 3. Pain Management:

- Assess and manage pain using appropriate interventions.
- Administer pain medication as prescribed.

### 4. Fall Prevention Measures:

- Identify contributing factors to the fall.
- Implement fall prevention strategies (e.g., assistive devices, environmental modifications).

### 5. Follow-Up:

- Schedule follow-up assessments as necessary.
- Monitor resident closely for any changes in condition.



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