

McKesson
Readmissions Resource™



FALL PREVENTION RESOURCE GUIDE

Prevent • Educate

MCKESSON

This guide has been assembled using the following resources as source material:

Centers for Disease Control and Prevention

<https://www.cdc.gov/homeandrecreationalafety/falls/adultfalls.html>

National Council on Aging

https://www.ncoa.org/wp-content/uploads/FallsActionPlan_2015-FINAL.pdf

7 Elements of Successful Fall Prevention Program Implementation

<https://www.beckershospitalreview.com/quality/7-elements-of-successful-fall-prevention-program-implementation.html>

Effect of Dissemination of Evidence in Reducing Injuries from Falls

<http://www.nejm.org/doi/full/10.1056/NEJMoa0801748>

Guide Reference

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The Impact of Falls on the Elderly

More than one-third of people over the age of 65 fall each year. Many are afraid they will fall a second time. However, **older adults who fall once are two to three times more likely to fall again.** When a fall occurs, fewer than half notify their healthcare provider.

Even if those adults avoid injury, their fear may cause them to change their daily routine or avoid activities they once enjoyed. Less frequent activity can lead to greater physical weakness, which can increase the chance of falling.

Falls in the post-acute care setting can often result in hospital readmissions. Despite the lack of communication with clinicians, **older adults are seen in the emergency room almost every 13 seconds for fall-related injuries.**

Broken wrists, arms and ankles are common, and hip fractures hospitalize at least 300,000 elderly patients annually. Head injuries can also cause serious problems, especially if these patients are taking certain medications (e.g., blood thinners).



Falls and Readmissions



1 out of 5
falls causes a
serious injury
(e.g., broken bones
or head injury)

In 2013, fall-
related health
care costs were **\$34B**

Annually,
2.8 million
older adults are treated
for fall injuries in the ER



Over
800,000
are hospitalized
due to these
injuries



Falls and Readmissions

According to a study in the *Annals of Internal Medicine*, a multi-component fall prevention program can reduce the risk for falls by as much as thirty percent.

To reduce readmission rates associated with falls, post-acute care providers should focus on an interdisciplinary team approach to safety that emphasizes education and preventive measures like keeping critical supplies and equipment on hand. By doing so, clinicians can ensure quality care is delivered and improve overall patient outcomes.



Risk Factors for Falls

Pay careful attention to conditions that can increase the likelihood of a fall, such as:



Vitamin D deficiency



Difficulty balancing or walking



Use of medicines, including:

- Tranquilizers
- Sedatives
- Anti-depressants
- Over-the-counter drugs



Foot pain



Problems with vision



Lower body weakness



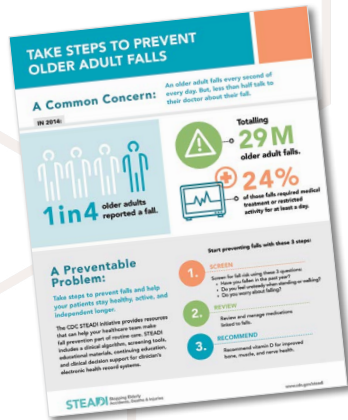
Home hazards, such as:

- Broken or uneven steps
- Throw rugs
- Cluttered spaces
- Poor lighting



Key Principles for Fall Prevention

To address falls in older adults, the Centers for Disease Control and Prevention (CDC) created the Stopping Elderly Accidents, Deaths, and Injuries (STeADI) program. STeADI provides guidance to healthcare providers who need to identify and manage elderly patients at risk of falling.



STeADI incorporates three evidence-based recommendations to help reduce falls.

1. **Screen** older adults annually for fall risk.
2. **Assess** falls history and physical exam results.
3. **Intervene** with effective prevention strategies.



Key Principles for Fall Prevention

ASSESSMENTS AND/OR INTERVENTIONS	IDENTIFY WHO IN YOUR ORGANIZATION CAN DO THIS	WHAT IT INVOLVES
<p>Screen all older patients for falls</p> <p>Identify modifiable fall risk factors</p>		<p>Have patient complete the <i>Stay Independent</i> brochure, or ask the patient these 3 questions:</p> <ul style="list-style-type: none"> • Have you fallen in the past year? • Do you feel unsteady when standing or walking? • Do you worry about falling?
<p>Evaluate gait, lower body strength, and balance</p> <p>Address identified deficits</p>		<p>Administer one or more gait, strength, and balance tests:</p> <ul style="list-style-type: none"> • Timed Up and Go Test (Recommended), Observe and record patient's postural stability, gait, stride length and sway. • 30-Second Chair Stand Test (Optional) • 4-Stage Balance Test (Optional) <p>As needed, refer to a physical therapist (PT), recommend a community exercise, or fall prevention program.</p>



Key Principles for Fall Prevention

ASSESSMENTS AND/OR INTERVENTIONS	IDENTIFY WHO IN YOUR ORGANIZATION CAN DO THIS	WHAT IT INVOLVES
<p>Conduct focused physical exam</p> <p>Address modifiable and/or treatable risk factors</p>		<p>In addition to a customary medical exam:</p> <ul style="list-style-type: none"> • Assess muscle tone, look for increased tone, and hypertonia (cogwheeling). • Screen for cognitive impairment and depression. • Examine feet and evaluate footwear. Look for structural abnormalities, deficits in sensation, and proprioception. • If needed, refer to podiatrists or pedorthists.
<p>Assess for and manage postural hypotension</p>		<p>Check supine and standing blood pressure using 1-page protocol, <i>Measuring Orthostatic Blood Pressure</i>.</p> <ul style="list-style-type: none"> • Recommend medication changes to reduce hypotension. • Monitor patient as he/she makes recommended changes. • Counsel patient, and give the brochure, <i>Postural Hypotension: What it is and how to manage it</i>.
<p>Review and manage medications</p>		<ul style="list-style-type: none"> • Stop, switch, or reduce the dose of psychoactive medications when possible. • Monitor patient as he/she makes recommended changes.
<p>Increase vitamin D</p>		<p>Recommend a daily vitamin D supplement.</p>



Key Principles for Fall Prevention

ASSESSMENTS AND/OR INTERVENTIONS	IDENTIFY WHO IN YOUR ORGANIZATION CAN DO THIS	WHAT IT INVOLVES
Assess visual acuity, and optimize vision		<ul style="list-style-type: none"> • Administer brief vision test. • Refer to ophthalmologists or optometrists.
Address home safety, and how to reduce fall hazards		<ul style="list-style-type: none"> • Counsel patient about reducing fall hazards. Give the CDC brochure, <i>Check for Safety</i>. • Assess safety and the patient's ability to function in the home.
Educate about what causes falls, and how to prevent them		<ul style="list-style-type: none"> • Educate patient about fall prevention strategies. • Give the CDC brochure, <i>What YOU Can Do to Prevent Falls</i>. • Recommend exercise or community fall prevention program.
Identify community exercise and fall prevention programs		<ul style="list-style-type: none"> • Have staff contact providers of senior services. • Identify community exercise and fall prevention programs for seniors. • Compile a resource list of available programs.



Key Principles for Fall Prevention

Consider using a fall risk factors checklist as part of the initial screening and assessment process for older adults to better understand their:

- ✓ Falls history
- ✓ Medical conditions
- ✓ Medications
- ✓ Gait, strength and balance
- ✓ Vision
- ✓ Postural hypotension
- ✓ Any other factors that could impact fall risk



Key Principles for Fall Prevention

FALL RISK FACTOR IDENTIFIED	PRESENT?		NOTES
FALLS HISTORY			
Any falls in the past year?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Worries about falling or feels unsteady when standing or walking?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
MEDICAL CONDITIONS			
Problems with heart rate and/or arrhythmia	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Cognitive impairment	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Incontinence	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Depression	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Foot problems	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Other medical problems	<input type="checkbox"/> Yes	<input type="checkbox"/> No	



Key Principles for Fall Prevention

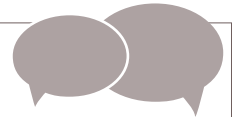
FALL RISK FACTOR IDENTIFIED	PRESENT?		NOTES
MEDICATIONS (PRESCRIPTIONS, OTCs, SUPPLEMENTS)			
Psychoactive medications	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Opioids	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Medications that can cause sedation or confusion	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Medications that can cause hypotension	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
GAIT, STRENGTH AND BALANCE			
Timed Up and Go (TUG) Test \geq 12 seconds	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
30-Second Chair Stand Test: Below average score based on age and gender	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
4-Stage Balance Test: Full tandem stance <10 seconds	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
VISION			
Acuity <20/40 OR no eye exam in >1 year	<input type="checkbox"/> Yes	<input type="checkbox"/> No	



Key Principles for Fall Prevention

FALL RISK FACTOR IDENTIFIED	PRESENT?		NOTES
POSTURAL HYPOTENSION			
A decrease in systolic BP \geq 20 mm Hg, or a diastolic BP of \geq 10 mm Hg, or lightheadedness, or dizziness from lying to standing	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
OTHER RISK FACTORS (SPECIFY BELOW)			
	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
	<input type="checkbox"/> Yes	<input type="checkbox"/> No	

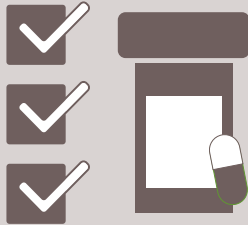
Any additional comments:



Key Principles for Fall Prevention

Many risk factors can be changed or modified to help prevent falls, and in turn, reduce the likelihood of fall-related readmissions. Encourage older adults to:

Review medications with a healthcare provider



Get an eye exam



Perform strength and balance exercises




Create a safer environment

- Get rid of anything that could be a tripping hazard
- Add grab bars to both the inside and outside of a tub or shower, and next to a toilet
- Put railings on both sides of the stairs
- Add lighting or use brighter light bulbs




Products to Aid in Fall Prevention

Bath Benches and Shower Heads



	Manufacturer	Manufacturer #	Item Description	Packaging
	McKesson Brands	146-RTL12505	BATH BENCH PREM W/BACK, ARMS, PLSTC FRAME, 400LBS	4/CS
	McKesson Brands	146-12202KD-4	BATH BENCH W/BACK, ALUM FRAME, 400LBS	4/CS
	McKesson Brands	146-12203KD-4	BATH BENCH W/O BACK, ALUM FRAME, 400LBS	4/CS
	McKesson Brands	146-12011KD-2	TRANSFER BENCH W/BACK, ALUM FRAME, 400LBS	2/CS
	McKesson Brands	146-12037	HAND HELD SHOWER W/DIVERTER VALVE	1 EA/12 CS

Canes

	Manufacturer	Manufacturer #	Item Description	Packaging
	McKesson Brands	146-RTL10304	CANE, FOLDING, ALUM, BLACK	1 EA/12 CS
	McKesson Brands	146-RTL10306	CANE, OFFSET, ALUM, BLACK	1 EA/6 CS
	McKesson Brands	146-10305-6	CANE, OFFSET, HVY DUTY, STEEL, BLACK	1 EA/6 CS
	McKesson Brands	146-10300-4	CANE, QUAD/LG BASE, ALUM, CHROME	1 EA/4 CS
	McKesson Brands	146-10301F-4	CANE, QUAD/SM BASE, ALUM, CHROME	1 EA/4 CS
	McKesson Brands	146-10302-6	CANE, STANDARD, ALUM, CHROME	1 EA/6 CS




Products to Aid in Fall Prevention

Commodes				
	Manufacturer	Manufacturer #	Item Description	Packaging
	McKesson Brands	146-11148-4	COMMODE, FOLDING, STL FRAME, 350LBS	1 EA/4 CS
	McKesson Brands	146-11105N-4	COMMODE, NON-FOLDING, STL FRAME, 350LBS	1 EA/4 CS
	McKesson Brands	146-11117N-1	COMMODE, HVY DUTY, FOLDING, 650LBS	1 EA
	McKesson Brands	146-11135-1	COMMODE, HVY DUTY, Non-Folding, DRP ARM, 1000LBS	1 EA
	McKesson Brands	146-RTL12027RA	RAISED TOILET SEAT W/ARMS, 300LBS	1 EA
Crutches				
	Manufacturer	Manufacturer #	Item Description	Packaging
	McKesson Brands	146-10400-8	CRUTCH, ALUM, PSH-BTN ADJ, ADULT, 350LBS	1 PR/8 CS
	McKesson Brands	146-10430-8	CRUTCH, ALUM, QUICK ADJ, ADULT, 300LBS	1 PR/8 CS
	McKesson Brands	146-10402-8	CRUTCH, ALUM, PSH-BTN ADJ, TALL ADULT, 350LBS	1 PR/8 CS
	McKesson Brands	146-10432-8	CRUTCH, ALUM, QUICK ADJ, TALL ADULT, 300LBS	1 PR/8 CS
	McKesson Brands	146-10406	CRUTCH, ALUM, PSH-BTN ADJ, HVY DUTY, 500LBS	1 PR/CS




Products to Aid in Fall Prevention

Exercise Bands				
	Manufacturer	Manufacturer #	Item Description	Packaging
	McKesson Brands	169-5211	BAND, EXERCISE YLW DISP BX 6YDS LTX	1 RL BX/49 RL CS
	McKesson Brands	169-5213	BAND, EXERCISE GRN DISP BX 6YDS LTX	1 RL BX/49 RL CS
	McKesson Brands	169-5214	BAND, EXERCISE BLU DISP BX 6YDS LTX	1 RL BX/49 RL CS
	McKesson Brands	169-5221	BAND, EXERCISE YLW DISP BX 50YDS LTX	1 RL BX/9 RL CS
	McKesson Brands	169-5222	BAND, EXERCISE RED DISP BX 50YDS LTX	1 RL BX/9 RL CS
	McKesson Brands	169-5223	BAND, EXERCISE GRN DISP BX 50YDS LTX	1 RL BX/9 RL CS
	McKesson Brands	169-5224	BAND, EXERCISE BLU DISP BX 50YDS LTX	1 RL BX/9 RL CS
	McKesson Brands	169-5631	BAND, EXERCISE YLW DISP BX 25YDS LF	1 RL BX/9 RL CS
	McKesson Brands	169-5632	BAND, EXERCISE RED DISP BX 25YDS LF	1 RL BX/9 RL CS
	McKesson Brands	169-5633	BAND, EXERCISE GRN DISP BX 25YDS LF	1 RL BX/9 RL CS
	McKesson Brands	169-5634	BAND, EXERCISE BLU DISP BX 25YDS LF	1 RL BX/9 RL CS





Products to Aid in Fall Prevention

Grab Bars				
	Manufacturer	Manufacturer #	Item Description	Packaging
	McKesson Brands	146-RTL12012	GRAB BAR, 12", MOUNT, WHT PWDR COATED	3 EA/CS
	McKesson Brands	146-12016-3	GRAB BAR, 16", MOUNT, WHT PWDR COATED	3 EA/CS
	McKesson Brands	146-RTL12018	GRAB BAR, 18", MOUNT, WHT PWDR COATED	3 EA/CS
	McKesson Brands	146-12024-3	GRAB BAR, 24", MOUNT, WHT PWDR COATED	3 EA/CS
	McKesson Brands	146-12036	TUB GRAB BAR, 14.5", CLAMP, WHT PWDR COATED	6 EA/CS





Products to Aid in Fall Prevention

Lifts and Slings				
	Manufacturer	Manufacturer #	Item Description	Packaging
	McKesson Brands	146-13242	PATIENT LIFT, BATT-PWR, 450LBS	1 EA
	McKesson Brands	146-13245	PATIENT LIFT, BATT-PWR, HVY DUTY, 600LBS	1 EA
	McKesson Brands	146-13023SV	PATIENT LIFT, HYDRAULIC, MANUAL, 450LBS	1 EA
	McKesson Brands	146-13222M	PATIENT LIFT SLING, FULL BODY, SOLID, M, 600LBS	12 EA/CS
	McKesson Brands	146-13222L	PATIENT LIFT SLING, FULL BODY, SOLID, L, 600LBS	12 EA/CS
	McKesson Brands	146-13224XL	PATIENT LIFT SLING, FULL BODY, SOLID, XL, 600LBS	12 EA/CS
	McKesson Brands	146-13223M	PATIENT LIFT SLING, FULL BODY, MESH, M, 600LBS	12 EA/CS
	McKesson Brands	146-13223L	PATIENT LIFT SLING, FULL BODY, MESH, L, 600LBS	12 EA/CS
	McKesson Brands	146-13221M	PATIENT LIFT SLING, FULL BODY, COMMODE, MESH, M, 600LBS	12 EA/CS
	McKesson Brands	146-13224XL	PATIENT LIFT SLING, FULL BODY, SOLID, XL, 600LB	12 EA/CS
	Mangar	MPCA060400	CAMEL PATIENT LIFT SYSTEM WITH AIRFLO 24 COMPRESSOR	1 EA
	Mangar	HKA0050	CAMEL PATIENT LIFT SYSTEM, W/O COMPRESSOR	1 EA
	Mangar	MPCA070400	ELK PATIENT LIFT SYSTEM WITH AIRFLO 24 COMPRESSOR	1 EA
	Mangar	HEA0033	ELK PATIENT LIFT SYSTEM, W/O COMPRESSOR	1 EA





Products to Aid in Fall Prevention

Mats				
	Manufacturer	Manufacturer #	Item Description	Packaging
	Veriflex	109052-01	VERIFLEX MAT; STARTER KIT; GRAY- MIXED CASE	1 EA
	Veriflex	109028-01	VERIFLEX MAT; SQUARE; GRAY- CASE OF 16	1 EA
	Veriflex	109030-01	VERIFLEX MAT; 1- BEVELED EDGE; GRAY- CASE OF 16	1 EA
	Veriflex	109041-01	VERIFLEX MAT; CORNER BEVELED EDGE; GRAY- CASE OF 16	1 EA
	Arrowhead	P-107350-24-01	MAT, FALL BESIDE FLATMAT WARMGREY 72"X24"	1 EA
	Arrowhead	P-107350-24-05	MAT, FALL BESIDE FLATMAT WND PATTERN COOL GREY 72"X24"	1 EA
	Arrowhead	P-107350-24-06	MAT, FALL BESIDE FLATMAT BURGUNDY 72"X24"	1 EA
	Arrowhead	P-107350-24-07	MAT, FALL BESIDE FLATMAT BLU WOVN PATTERN 72"X24"	1 EA
	Arrowhead	P-107350-36-05	MAT, FALL BEDSIDE FLATMAT WOVPNATTERN COOL GREY 36"W D/S	1 EA
	Arrowhead	P-107350-36-05	MAT, FALL BEDSIDE FLATMAT WOVPNATTERN COOL GREY 36"W D/S	1 EA
	Arrowhead	P-107350-36-06	MAT, FALL BESIDE FLATMAT BURGUNDY 36"W D/S	1 EA
	Arrowhead	P-107350-36-07	MAT, FALL BEDSIDE FLATMAT BLUE36"W D/S	1 EA





Products to Aid in Fall Prevention

Mattress				
	Manufacturer	Manufacturer #	Item Description	Packaging
	McKesson Brands	146-15006	MATTRESS, INNER SPRING 36"X80"	1 EA
Reachers				
	Manufacturer	Manufacturer #	Item Description	Packaging
	McKesson Brands	146-RTL5020	HAND-HELD REACHER, 26.5"	1 EA/6 BX, 10 BX/CS
	McKesson Brands	146-RTL5021	HAND-HELD REACHER, 32"	1 EA/6 BX, 10 BX/CS
	McKesson Brands	146-RTL5022	HAND-HELD REACHER, FOLDING, 26.5"	1 EA/6 BX, 10 BX/CS




Products to Aid in Fall Prevention

Rollators				
	Manufacturer	Manufacturer #	Item Description	Packaging
	McKesson Brands	146-R726BK	ROLLATOR, LTWT, FOLDING, ALUM, W/6" WHLS, BLACK, 300LBS	1 EA
	McKesson Brands	146-R726SL	ROLLATOR, LTWT, FOLDING, ALUM, W/6" WHLS, SILVER, 300LBS	1 EA
	McKesson Brands	146-10257BL-1	ROLLATOR, DURA, FOLDING, STEEL, W/7.5" WHLS, BLUE, 300LBS	1 EA
	McKesson Brands	146-10216BL-1	ROLLATOR, HVY DUTY, FOLDING, STEEL, W/8" WHLS, BLUE, 400LBS	1 EA
Transport Chair				
	Manufacturer	Manufacturer #	Item Description	Packaging
	McKesson Brands	146-TR39E-SV	CHAIR, TRANSPORT, STEEL, SILVER, 19", 250LBS	1 EA
	McKesson Brands	146-ATC19-BL	CHAIR, TRANSPORT, ALUM, BLUE 19" 300LBS	1 EA




Products to Aid in Fall Prevention

Walkers				
	Manufacturer	Manufacturer #	Item Description	Packaging
	McKesson Brands	146-10210-4	WALKER, FOLDING, ALUM, W/5" WHLS, ADULT, 350LBS	4 EA/CS
	McKesson Brands	146-10200-4	WALKER, FOLDING, ALUM, W/O WHLS, ADULT, 350LBS	4 EA/CS
	McKesson Brands	146-10210-1	WALKER, FOLDING, ALUM, W/5" WHLS, ADULT, 350LBS	1 EA/CS
	McKesson Brands	146-10211-4	WALKER, FOLDING, ALUM, W/5" WHLS, JUNIOR, 350LBS	4 EA/CS
	McKesson Brands	146-10201-4	WALKER, FOLDING, ALUM, W/O WHLS, JUNIOR, 350LBS	4 EA/CS
	McKesson Brands	146-10220-2WW	WALKER, FOLDING, STEEL, W/5" WHLS, HVY DUTY, ADULT, 500LBS	2 EA/CS
	McKesson Brands	146-10220-2	WALKER, FOLDING, STEEL, W/O WHLS, HVY DUTY, ADULT, 700LBS	2 EA/CS
	McKesson Brands	146-10109	WALKER WHEELS, UNIVERSAL, 5"	25 PR/CS




Products to Aid in Fall Prevention

Wheelchairs				
	Manufacturer	Manufacturer #	Item Description	Packaging
	McKesson Brands	146-SSP216DDA-SF	WHEELCHAIR, 16", DDA, SF, 250LBS	1 EA
	McKesson Brands	146-SSP216DDA-ELR	WHEELCHAIR, 16", DDA, ELR, 250LBS	1 EA
	McKesson Brands	146-SSP218FA-SF	WHEELCHAIR, 18", FIXED ARM, SF, 300LBS	1 EA
	McKesson Brands	146-SSP218FA-ELR	WHEELCHAIR, 18", FIXED ARM, ELR, 300LBS	1 EA
	McKesson Brands	146-SSP218DDA-SF	WHEELCHAIR, 18", DDA, SF, 300LBS	1 EA
	McKesson Brands	146-SSP218DDA-ELR	WHEELCHAIR, 18", DDA, ELR, 300LBS	1 EA
	McKesson Brands	146-SSP220DDA-SF	WHEELCHAIR, 20", DDA, SF, 350LBS	1 EA
	McKesson Brands	146-SSP220DDA-ELR	WHEELCHAIR, 20", DDA, ELR, 350LBS	1 EA
	McKesson Brands	146-STD22ECDDA-SF	WHEELCHAIR, 22", HVY DUTY, DUAL CRSS BRACE, DDA, SF, 450LBS	1 EA
	McKesson Brands	146-STD22ECDDA-ELR	WHEELCHAIR, 22", HVY DUTY, DUAL CRSS BRACE, DDA, ELR, 450LBS	1 EA



Products to Aid in Fall Prevention

Wheelchairs				
	Manufacturer	Manufacturer #	Item Description	Packaging
	McKesson Brands	146-K316DDA-SF	WHEELCHAIR, 16", LTWT, DDA, SF, 300LBS	1 EA
	McKesson Brands	146-K316DDA-ELR	WHEELCHAIR, 16", LTWT, DDA, ELR,300LBS	1 EA
	McKesson Brands	146-K318DDA-SF	WHEELCHAIR, 18", LTWT, DDA, SF, 300LBS	1 EA
	McKesson Brands	146-K318DDA-ELR	WHEELCHAIR, 18", LTWT, DDA, ELR, 300LBS	1 EA
	McKesson Brands	146-K320DDA-SF	WHEELCHAIR, 20", LTWT, DDA, SF, 300LBS	1 EA
	McKesson Brands	146-K320DDA-ELR	WHEELCHAIR, 20", LTWT, DDA, ELR, 300LBS	1 EA
	McKesson Brands	146-STD24ECDDA-SF	WHEELCHAIR, 24", HVY DUTY, DUAL CRSS BRACE, DDA, SF, 450LBS	1 EA
	McKesson Brands	146-STD24ECDDA-ELR	WHEELCHAIR, 24", HVY DUTY, DUAL CRSS BRACE, DDA, ELR, 450LBS	1 EA
	McKesson Brands	146-SSP18RBDDA	WHEELCHIAR, 18", RECLINING, SIN AXL, DDA, ELR, 300LBS	1 EA
	McKesson Brands	146-SSP20RBDDA	WHEELCHIAR, 20", RECLINING, SIN AXL, DDA, ELR, 300LBS	1 EA



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Best Practices for Post-Acute Care Clinical Staff

Clinicians in the post-acute care setting should work together to mitigate falls. Promoting an interdisciplinary approach – one that includes staff with direct care and administrative functions – is key to a successful fall prevention program that reduces hazards for high-risk elderly patients.

An interdisciplinary team should possess strong problem-solving skills, understand root cause analysis, and make clear, actionable decisions that can lead to quality outcomes.

Team members can become “Fall Champions”, who identify and analyze potential or actual hazards and determine best methods to implement interventions. They should evaluate and monitor the interventions for effectiveness and update a patient’s plan of care, as necessary.



Best Practices for Post-Acute Care Clinical Staff

Additional best practices include:

Hourly rounding to check on at-risk patients; do not leave them alone



Incontinence management or toileting program



Assessment of pain



Assessment of mental status



Older adults residing in long term care facilities often have less sun exposure, resulting in lower Vitamin D levels. Since it can be difficult to get this nutrient through diet, a Vitamin D supplement can be given to improve calcium intake and prevent osteoporosis and sarcopenia (the loss of muscle mass), which both contribute to falls.

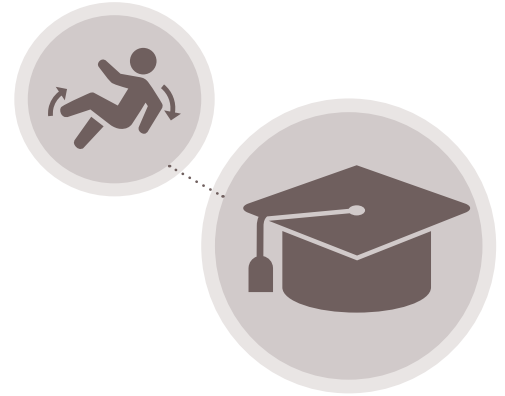


Educational Resources for Residents, Patients, Families, and Caregivers

Older adults, as well as their families and caregivers, should be aware of fall risks and understand how to take preventive action. Education is crucial to being able to properly address any concerns regarding falls.

Studies show a direct correlation between education and a reduction in falls. Training for clinical staff should be top of mind for post-acute care facilities, as they are the first line of defense against falls.

McKesson Academy™ offers educational resources on fall prevention via an easy-to-use online education portal. Post-acute care providers can access more than 175 resources, including product education from industry leaders, Relias CE training courses and McKesson webinars.



Educational Resources for Residents, Patients, Families, and Caregivers

Courses include:

- Assess and Educate to Prevent Rehospitalizations
- Changing Our Behavior: Being with Persons Living with Dementia
- Preventing Avoidable Rehospitalization in Long Term Care
- Speak Up™ - Reduce the Risk of Falling
- Strategies and Interventions to Prevent Slips, Trips and Falls in Extended Care

*For more
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For more information on the McKesson Readmissions Resource™, visit mms.mckesson.com/readmissions-care.

Have additional questions?

Contact our Clinical Resource Team at readmissionsresourceinfo@mckesson.com.

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