
Title: FALLS: "MY FALLS FREE PLAN" FOR ADULTS GREATER THAN AGE 65

Scope:

This policy applies to adult inpatients age 65 years and older.

Policy Statement:

The purpose of "My Falls Free Plan" Education/Screening Tool for Adults is to provide information for adults 65 and older that will help them stay active and independent for life, and help prevent falls and fall-related injuries---the leading cause of all injury hospitalizations nationally and in Washington State, and a major threat to independent living.

MultiCare Health System is participating in a joint effort with the Washington Department of Health, Injury and Violence Prevention Program to screen older adults for community fall risk factors and to provide additional education and resources for these individuals to reduce their risk of falls and injury once they are discharged from the hospital. The use of "My Falls Free Plan" in health care settings will facilitate:

1. Patient health education about individual falls risk factors
2. Empowering patient health self-management of individual falls risk factors
3. Establishing older adults' baseline, pre-hospitalization risks for falls in institutional and residential settings.
4. Medical evaluation and management of falls risks
5. Utilization of Medicare V code 15.88 for history of falls and risk for falls to receive reimbursement for additional time spent addressing evaluation and management of falls risk(s).
6. Assist MHS in meeting JCAHO accreditation requirements for a patient safety falls reduction program.

All MultiCare Health System (MHS) patients age 65 or older will be screened upon admission for recent history of falls in the last six months; health-related fall risk factors; and health behaviors related to falls.

Procedure:

I. The Assessment Tool, "My Falls Free Plan," Fall Education/Screening Tool/Adult Form Is Incorporated Into Every Inpatient Admission Packet.

II. When the RN is Admitting a Patient Aged 65 or Older:

- A. The admitting RN will check the box on the Adult Admission History form and give the, "My Falls Free Plan," Fall Education/Screening Tool/Adult Form #(.....) to the patient or family to complete.
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- B. Once the tool has been completed:
 - Place the white copy in the discharge section of chart
 - Give the yellow copy to the patient/family.
 - C. Prior to/Upon Discharge:
 - The RN Case Manager** will review the completed assessment tool.
 - The more "Yes" answers the patient has, the greater chance of having a fall (Source: WA DOH, Injury & Violence Prevention Program).
 - Positive fall risk screens will be discussed with discharging physician. If appropriate:
 - Consider referral to out-patient physical therapy; or
 - Consider referral to community physical activity resource to learn exercises to improve strength and balance.
 - Direct Unit Secretary to fax completed copy of "My Falls Free Plan" Fall Education/Screening Tool/Adult to the patient's primary care provider with recommendations for Primary Care Provider to:
 - Consider medication review.
 - Consider referral for eye exam or hearing test.
 - Discuss with patient/family any other medical evaluation and treatment interventions if indicated.

III. Additional Resources Available for Patient Education:

- A. Stay Fit: Physical Activity Resources for Pierce County Adults (may also be accessed at: <http://www.nwoi.org/Stay%20Fit%202006%20web%20edition.pdf>)
- B. Stay Active & Independent for Life: An Information Guide for Adults 65+ (may also be accessed at: <http://www.doh.wa.gov/hsqa/emstrauma/injury/pubs/SAILguide.pdf>)
- C. MHS Preventing Falls at Home. Form 87-9556-0 (Rev. 11/03).

Related Policies:
Fall...

Related Forms:
Form # "My Falls Free Plan" Education/Screening Tool for Adults

References:

Point of Contact:

Approval By:
MHS Policy and Procedure
Medical Staff Operations
PILOT

Date of Approval:

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