 <p>Winnipeg Regional Health Authority Office régional de la santé de Winnipeg Caring for Health À l'écoute de notre santé</p> <p>PRIMARY HEALTH CARE PRACTICE GUIDELINE</p>	<p>Practice Guideline: Falls Prevention</p>	<p>Guideline Number: PCPG#19</p>
	<p>Approved By: Community Primary Care Council</p>	<p>Pages: 1 of 4</p>
	<p>Approval Date: February 12, 2019</p>	<p>Supercedes: August 15, 2018</p>

1. **INTENT:**

- To establish a standard and consistent approach to Falls Prevention across WRHA Primary Care Community in alignment with the [Regional Clinical Practice Guidelines \(Community Services & Programs\)](#)
- To meet the Required Organizational Practice around Falls Prevention for Accreditation whereby to reduce the incidence of falls and minimize injury, a documented and coordinated approach to Falls Prevention is implemented and identifies the population at risk for falls

2. **DEFINITIONS:**

Fall: Unintentionally coming to rest on the ground, floor or other lower level with or without an injury


Falls Screening Tool: A tool used to identify a person's risk of falling. A screening tool attempts to identify those at highest risk of falling.

Falls Risk Assessment: A detailed and systematic process used to identify a person's risk factors of falling. It is used to help identify which interventions to implement.

3. **GUIDELINE:**

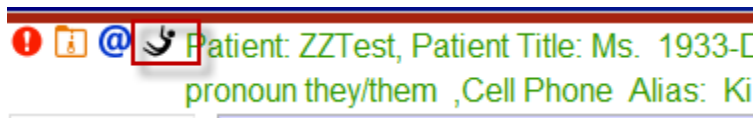
Client Falls Risk Screening

- The target population identified at risk for falls within WRHA Primary Care Community is any adult 75 years of age and older
- Any client of the clinic who is part of the population identified shall have a Falls Risk Assessment completed and documented accordingly within the client's Electronic Medical Record (EMR). The *Community and Ambulatory Care Client Falls Risk Screening Tool* (APPENDIX A) will be completed by the Provider or designate.
 - For at-risk clients who attend the clinic infrequently, complete this screen every time they attend
 - For at-risk clients who attend at least every 4 weeks, complete this screen at least once every 6 months or each time a client presents with a change in health or functional status
- If the Falls Risk score indicates that the client is a risk score of 4 or greater, the client is considered a high risk for falls. The Provider or designate shall implement and document all applicable "Immediate Required Actions/Recommended Actions" outlined on the *Community and Ambulatory Client Falls Risk Screening Tool* (APPENDIX A) and review recommended actions with the client accordingly.
- In addition, the Provider or designate shall complete the *Your Fall Risk Factors* (APPENDIX B) client letter for all clients who score 1 or higher on the *Community and*

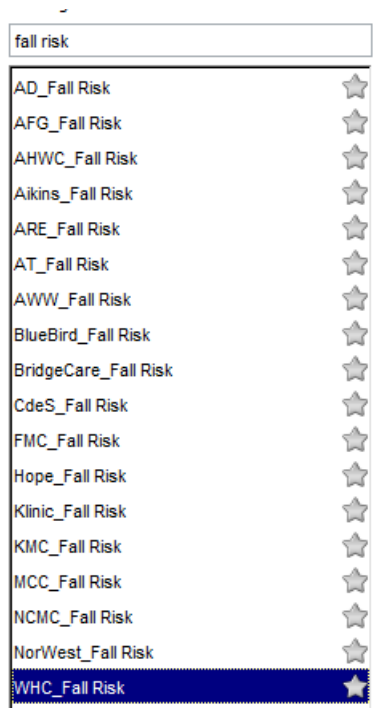
 <p>Winnipeg Regional Health Authority Office régional de la santé de Winnipeg Caring for Health À l'écoute de notre santé</p> <p>PRIMARY HEALTH CARE PRACTICE GUIDELINE</p>	<p>Practice Guideline: Falls Prevention</p>	<p>Guideline Number: PCPG#19</p>
	<p>Approved By: Community Primary Care Council</p>	<p>Pages: 2 of 4</p>
	<p>Approval Date: February 12, 2019</p>	<p>Supercedes: August 15, 2018</p>


Ambulatory Client Falls Risk Screening Tool and review recommended actions with the client accordingly

- Any client deemed at risk for falls should be provided with [Staying on Your Feet](#) WRHA Falls Prevention education resources
- Once a client has screened as being eligible for a Falls Risk Assessment, a *Falls Risk Flag* (APPENDIX F) can be added (or removed if the status changes) on the client's medical record. The icon identifying the type of flag will appear on the Patient Status bar within the record. In addition to identifying the client as being at risk for falls, the flag may assist when generating future queries from the EMR based on Flag.



- To better support clinics with the ongoing screening of those clients eligible for a Falls Risk Assessment, a *Falls Risk Actionable Query* (APPENDIX E) has been created within the EMR. Queries can be run to sort by Form Date and Form Title or based on Flag. Once a query is run and a list of clients generated, the Primary Care Assistant can be tasked within EMR to schedule an appointment for each individual on the list. During that appointment, the responsible provider would complete a Falls Risk Assessment in addition to addressing any other needs the client may be presenting for.



 <p>Winnipeg Regional Health Authority Office régional de la santé de Winnipeg Caring for Health À l'écoute de notre santé</p> <p>PRIMARY HEALTH CARE PRACTICE GUIDELINE</p>	<p>Practice Guideline: Falls Prevention</p>	<p>Guideline Number: PCPG#19</p>
	<p>Approved By: Community Primary Care Council</p>	<p>Pages: 3 of 4</p>
	<p>Approval Date: February 12, 2019</p>	<p>Supersedes: August 15, 2018</p>

- A *Falls Risk Screening and Documentation Algorithm* (APPENDIX G) is available to support and educate Clinicians and Clinical Support Staff regarding the initial screening and rescreening process.

Environmental Checklist for Falls Prevention


- The *Community and Ambulatory Care Environmental Checklist for Falls Prevention* (APPENDIX C) is to be used to identify environmental factors in your facility that may increase risk of falls
- It is recommended this checklist be completed annually at a minimum, and preferably twice a year where feasible. The checklist should be completed by a manager, supervisor or staff member trained in Occupational Health and Safety.
- Once complete, the checklist should be reviewed making note of all “no” responses. These items indicate falls risk hazards that should be addressed to improve the safety of your facility.
- Completed checklists and record of outcomes should be maintained/filed onsite for future reference and/or proof of completion should it be required

Environmental Checklist for Falls Prevention: Planning for Construction or Renovation

- The *Community and Ambulatory Care Environmental Checklist for Falls Prevention: Planning for Construction and Renovation* (APPENDIX D) is to be used to identify environmental factors in your facility that may increase risk of falls
- It is recommended this checklist be completed when planning to construct or renovate clinic space. It is important for this to occur in the planning stages of the renovation or construction to allow opportunity to address any identified hazards. The checklist should be completed by staff involved in the design and planning of the project, a manager or staff member trained in Occupational Health and Safety.
- Once complete, the checklist should be reviewed making note of all “no” responses. These items indicate falls risk hazards that should be addressed to improve the safety of your facility.
- Completed checklists and record of outcomes should be maintained/filed onsite for future reference and/or proof of completion should it be required

4. SOURCE/REFERENCES:

- WRHA - Falls Prevention and Management [Regional Clinical Practice Guidelines \(Community Services & Programs\)](#), May 2011
- In consultation with WRHA Primary Care Direct Op Clinic Team Managers (August 2017); Professional Practice Council (December 2017); Regional Primary Health Care Quality Team (October 2017) and CSIS (December 2018)

 <p>Winnipeg Regional Health Authority Office régional de la santé de Winnipeg Caring for Health À l'écoute de notre santé</p> <p>PRIMARY HEALTH CARE PRACTICE GUIDELINE</p>	<p>Practice Guideline: Falls Prevention</p>	<p>Guideline Number: PCPG#19</p>
	<p>Approved By: Community Primary Care Council</p>	<p>Pages: 4 of 4</p>
	<p>Approval Date: February 12, 2019</p>	<p>Supercedes: August 15, 2018</p>

5. PRIMARY AUTHORS:

- Kevin Mozdzen - Program Specialist, Primary Health Care
- Jo-Anne Kilgour - Program Specialist, Primary Health Care

6. ALTERNATE CONTACT:

- Maria Cotroneo - Director of Primary Health Care – Integrated Palliative, Primary & Home Health Services

7. APPENDICES:

- **APPENDIX A** – Community and Ambulatory Care Client Falls Risk Screening Tool
- **APPENDIX B** – Your Fall Risk Factors
- **APPENDIX C** – Environmental Checklist for Falls Prevention
- **APPENDIX D** – Environmental Checklist for Falls Prevention: Planning for Construction or Renovation
- **APPENDIX E** – Falls Risk Actionable Query
- **APPENDIX F** – Falls Risk Flag
- **APPENDIX G** – Falls Risk Screening and Documentation Algorithm

SCOPE:

Applicable to all WRHA Primary Care Direct Operated Clinics and Walk-In Connected Care Clinics located at Access Winnipeg West, Access Fort Garry and McGregor

NOTE:

To meet the ROP around Falls Prevention for Accreditation and to reduce the incidence of falls and minimize injury within Home Care Antenatal, Midwifery Services, Churchill Health Centre and the Community Health Agencies, each of these service areas will have a documented and coordinated approach of their own in place which identifies their specific population at risk for falls.