Algoritm about Prevention of Fall for Elderly

History of Fall

Do Interventions:

Osteoporosis

Yes

- Take medications, Vitamin D, Calcium supplements
- Eat well-balanced
- Avoid smoking
- Exercise on a routine basis
- Avoid strain on the spine

No

Gait Instability

Yes

- Wear foot wear with nonskid soles
- Use mobility aids & assistive devices
- Scan the environment to look possible hazards
- Participate in an exercise program (muscle strengthening gait training)
- Make environment modifications as needed

No

Balance Instability

Yes

- Change position slowly and carefully
- Stabilize position before moving
- Use mobility aids & assistive device as prescribed
- Assume a seated position during bathing & dres

No

Do Evaluation (Acronym of SPLATT)

- Symptoms at the time of the fall
- Previous fall
- Location of the fall
- Activity at the time of the fall
- Time of the fall
- Trauma post fall

For YES …

Read:

1. General Fall Prevention Guidelines
   - General Care
     - wear low-heeled shoes
     - wear leather or rubber shoes
     - leave night lights on at night
     - keep items within reach
     - check the tips of canes & walker
     - paint the last step a different color, indoors & outdoor
     - dangle the legs between positional changes &rise slowly
     - avoid risky behavior such as standing on ladder unaided
     - avoid the use of alcohol
     - avoid rushing
   - Steps and Floor Surfaces
     - be careful to avoid slippery floors & frayed carpets
     - watch for the last step when descending the stairs
     - count the number of steps
     - use sturdy banisters on both sides of stair
     - remove obstacles in the path of traffic
     - use carpet & landing surfaces that has color contrast
   - Bathroom
     - Install grab bars in the tub and shower and near the toilet
     - Avoid throw rugs; install carpeting
     - Avoid bar soaps, use liquid soap from dispenser

2. Fall Prevention Strategies
   - Physical modification
   - Behavioral modification
   - Environmental safety

Do the assessment about:

- When is happened?
- Where is happened?
- What are you doing when fall?
- What kind of trauma post fall?
- Causes of falls (intrinsic, extrinsic, precipitating causes)
- Medication
- Mobility (gait & use assistive devices)

Writed By R. Siti Maryam, MKep,Sp.Kep.Kom