

### Contributing Factors

1. Patient fell while toileting
2. Some medications increased the risk of falling when combined with toileting.
3. Patient did not know, forgot or chose not to use call light.
4. Fall Prevention education given to patient and family was not used or consistent.
5. Patient is not aware or has not acknowledged a risk for fall.
6. Assessment tool is not a valid predictor of actual fall risk.
7. There is a variance in risk assessment ratings by different care givers.
8. Prescriptions are not accessed for risk of contributing to falls.
9. Inconsistent or incomplete communication of patient risk for falls exist between caregivers.
10. Poor culture of standardization of practice and application of interventions.

### The 4 Ps of Falls Prevention

1. Positioning - Is the patient placed in a comfortable position in their bed?
2. Potty - Does the patient need to use the washroom and is the pathway clear to the facility?
3. Pain - Is the patient in any sort of discomfort that may require movement or other assistance.
4. Placement - is the bed placed at a proper height, with rails up, the trash within reach, and any other needed items at arm's length.

### Monthly Dosage of Vitamin D

Delivering a monthly dose of vitamin D to homebound older adults not only boosted their vitamin D levels, but also lowered their rate of falls, according to a pilot study published in the online Journal of the American Geriatrics Society.

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