

## **LEADERSHIP CONFERENCE RESOURCES – FALL PREVENTION**

### **Center for Disease Control & Prevention (CDC) Resources**

Preventing Falls: How to Develop Community-based Fall Prevention Programs for Older Adults

[http://www.cdc.gov/HomeandRecreationalSafety/images/CDC\\_Guide-a.pdf](http://www.cdc.gov/HomeandRecreationalSafety/images/CDC_Guide-a.pdf)

A CDC Compendium of Effective Fall Interventions: What Works for Community-Dwelling Older Adults

[http://www.cdc.gov/HomeandRecreationalSafety/pdf/CDC\\_Falls\\_Compndium\\_lowres.pdf](http://www.cdc.gov/HomeandRecreationalSafety/pdf/CDC_Falls_Compndium_lowres.pdf)

Check for Safety: A Home Fall Prevention Checklist for Older Adults

<http://www.cdc.gov/HomeandRecreationalSafety/Falls/CheckListForSafety.html>

What You Can Do to Prevent Falls

<http://www.cdc.gov/HomeandRecreationalSafety/Falls/WhatYouCanDoToPreventFalls.html>

STEADI (Stopping Elderly Accidents, Deaths & Injuries) Tool Kit for Health Care Providers

<http://www.cdc.gov/homeandrecreationalafety/Falls/steady/index.html>

STEADI Tool Kit Material:

Stay Independent – [http://www.cdc.gov/HomeandRecreationalSafety/pdf/steady/stay\\_independent.pdf](http://www.cdc.gov/HomeandRecreationalSafety/pdf/steady/stay_independent.pdf)

Algorithm for Fall Risk -

[http://www.cdc.gov/HomeandRecreationalSafety/pdf/steady/algorithm\\_fall\\_risk\\_assessment.pdf](http://www.cdc.gov/HomeandRecreationalSafety/pdf/steady/algorithm_fall_risk_assessment.pdf)

Fall Risk Checklist - [http://www.cdc.gov/HomeandRecreationalSafety/pdf/steady/fall\\_risk\\_checklist.pdf](http://www.cdc.gov/HomeandRecreationalSafety/pdf/steady/fall_risk_checklist.pdf)

Risk Factors for Falls -

[http://www.cdc.gov/HomeandRecreationalSafety/pdf/steady/risk\\_factors\\_for\\_falls.pdf](http://www.cdc.gov/HomeandRecreationalSafety/pdf/steady/risk_factors_for_falls.pdf)

Medications & Falls -

[http://www.cdc.gov/HomeandRecreationalSafety/pdf/steady/medications\\_linked\\_to\\_falls.pdf](http://www.cdc.gov/HomeandRecreationalSafety/pdf/steady/medications_linked_to_falls.pdf)

Timed Up & Go (TUG) Test -

[http://www.cdc.gov/homeandrecreationalafety/pdf/steady/timed\\_up\\_and\\_go\\_test.pdf](http://www.cdc.gov/homeandrecreationalafety/pdf/steady/timed_up_and_go_test.pdf)

4-Stage Balance Test -

[http://www.cdc.gov/homeandrecreationalafety/pdf/steady/4\\_stage\\_balance\\_test.pdf](http://www.cdc.gov/homeandrecreationalafety/pdf/steady/4_stage_balance_test.pdf)

30-Second Chair Stand Test -

[http://www.cdc.gov/homeandrecreationalafety/pdf/steady/30\\_second\\_chair\\_stand\\_test.pdf](http://www.cdc.gov/homeandrecreationalafety/pdf/steady/30_second_chair_stand_test.pdf)

Orthostatic Blood Pressure -

[http://www.cdc.gov/homeandrecreationalafety/pdf/steady/measuring\\_orthostatic\\_bp.pdf](http://www.cdc.gov/homeandrecreationalafety/pdf/steady/measuring_orthostatic_bp.pdf)

Chair Rise Exercise –

[http://www.cdc.gov/homeandrecreationalafety/pdf/steady/chair\\_rise\\_exercise.pdf](http://www.cdc.gov/homeandrecreationalafety/pdf/steady/chair_rise_exercise.pdf)

Cost of Falls among Older Adults

<http://www.cdc.gov/HomeandRecreationalSafety/Falls/fallcost.html>

Hip Fractures among Older Adults

<http://www.cdc.gov/HomeandRecreationalSafety/Falls/adulthipfx.html>

Falls in Nursing Homes

<http://www.cdc.gov/HomeandRecreationalSafety/Falls/nursing.html>

## **Articles, Checklist & Forms**

An Annotated List of Nursing Home Falls Management Resources:

[http://bse.wisc.edu/cssimages/Nursing\\_Facilities\\_Annotated\\_List\\_of\\_Falls\\_Management\\_ResourcesV2.pdf](http://bse.wisc.edu/cssimages/Nursing_Facilities_Annotated_List_of_Falls_Management_ResourcesV2.pdf)

“An Overlooked Demographic?” by Megan Baldrige – Provider Magazine

[http://www.providermagazine.com/archives/2015\\_Archives/Pages/0215/An-Overlooked-Demographic.aspx](http://www.providermagazine.com/archives/2015_Archives/Pages/0215/An-Overlooked-Demographic.aspx)

“Assessing Pain & Falls Risk in Residents with Cognitive Impairment: Associated Problems with Overlooked Assessment” by Allison Burfield, RN, MSN, PhD and James Cooper, RPh, PhD, BCPS – Annals of Long Term Care, Volume 22 – Issue 5 – May 2014

<http://www.annalsoflongtermcare.com/print/2012>

Checklist of Nonverbal Indicators of Chronic Pain in Elderly Residents

[https://s3.amazonaws.com/ALTC-CG/CooperBurfield\\_NonverbalPainChecklist.pdf](https://s3.amazonaws.com/ALTC-CG/CooperBurfield_NonverbalPainChecklist.pdf)

Fall Risk Assessment Guidelines

[https://s3.amazonaws.com/ALTC-CG/CooperBurfield\\_FallRiskGuidelines.pdf](https://s3.amazonaws.com/ALTC-CG/CooperBurfield_FallRiskGuidelines.pdf)

“Falling into Place: A Practical Approach to Interdisciplinary Education on Falls Prevention in Long-Term Care” by Alice Bonner, RN, GNP, FAANP – Annals of Long Term Care, Volume 14, Number 6, June 2006

<http://www.annalsoflongtermcare.com/attachments/5778.pdf>

*“Fall Prevention: Assessment, Diagnosis, and Intervention Strategies”* by Deanna Gray-Micelli, PhD, GNP-BC, FAANP and Patricia Quigley, PhD, MPH, APRN, FAAN, FAANP

[http://consultgerirn.org/topics/falls/want\\_to\\_know\\_more](http://consultgerirn.org/topics/falls/want_to_know_more)

Washington Health Care Association – Document Library:

<http://www.whca.org/benefits/document-library/>

[http://www.whca.org/files/2013/04/FALL\\_INVESTIGATION\\_QUESTIONNAIRE.pdf](http://www.whca.org/files/2013/04/FALL_INVESTIGATION_QUESTIONNAIRE.pdf)

[http://www.whca.org/files/2013/04/FALL\\_RISK\\_ASSESSMENT.pdf](http://www.whca.org/files/2013/04/FALL_RISK_ASSESSMENT.pdf)

[http://www.whca.org/files/2013/04/falls\\_management\\_investigation\\_post\\_fall\\_tool.pdf](http://www.whca.org/files/2013/04/falls_management_investigation_post_fall_tool.pdf)

[http://www.whca.org/files/2013/04/Falls\\_management\\_post\\_fall\\_assessment\\_tool.pdf](http://www.whca.org/files/2013/04/Falls_management_post_fall_assessment_tool.pdf)

[http://www.whca.org/files/2013/04/new\\_fall\\_assessment.pdf](http://www.whca.org/files/2013/04/new_fall_assessment.pdf)

[http://www.whca.org/files/2013/04/post\\_fall\\_assessment.pdf](http://www.whca.org/files/2013/04/post_fall_assessment.pdf)

[http://www.whca.org/files/2013/04/TINETTI\\_assessment\\_tool.pdf](http://www.whca.org/files/2013/04/TINETTI_assessment_tool.pdf)

## **Fall Management Programs**

Fall Management Guidelines – Health Care Association of New Jersey

[http://www.hcanj.org/files/2013/09/hcanjbp\\_fallmgmt13\\_050113\\_2.pdf](http://www.hcanj.org/files/2013/09/hcanjbp_fallmgmt13_050113_2.pdf)

The Falls Management Program: A Quality Improvement Initiative for Nursing Facilities – Agency for Healthcare Research & Quality

<http://www.ahrq.gov/professionals/systems/long-term-care/resources/injuries/fallspx/fallspxmanual.pdf>

Falls prevention and management-Long Term Care Resource Kit

<http://ltctoolkit.rnao.ca/resources/falls>