

**HACKETTSTOWN MEDICAL CENTER**  
**PHYSICAL/OCCUPATIONAL THERAPY PROCEDURE MANUAL**  
**FALL POLICY**

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**Cross Referenced:**

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**Policy No:** 5200-4.007/5300-4.007

**Origin:** Physical/Occupational Therapy

**Authority:** Therapy Services Manager

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**PURPOSE**

To ensure the safety of patients and reduce fall risk consistent with hospital wide fall prevention protocols.

**POLICY**

**For inpatients:**

All staff will be cognizant of nursing assessment of risk to fall and follow guidelines and interventions implemented:

Patients who are at **NORMAL/LOW RISK**: Total score 1-4, will have the following implemented in addition to standard measures:

- Side rail position (2, 3, half).
- Yellow socks for ambulatory patients

Patients assessed at **MODERATE RISK** 5 - 9 score will have all the following implemented in addition to #1 and standard measures:

- Identify patient with yellow arm band and yellow star sticker on chart.
- Yellow “falling star” posted outside patient room to identify which bed (door or window) is at risk for all inpatient units on the third floor.
- Night light left on (evening/night shift).
- Supervised elimination (if assessment indicates) every 2 hours if possible.

Patients with **HIGH RISK** score 10 or above will have all the following implemented in addition to #1 #2 and standard measures:

- Bed alarm or TABS monitor
- Educate family regarding patient's risk level and what they can do to provide safety.
- Consider a self-release belt to remind patient to stay in chair when out of bed.
- Chair Pad alarms when patient out of bed. If available.
- Yellow Blanket when patient is off unit or out of bed, for the patient that had a bed alarm or TABS monitor in use.

**For outpatients:**

All clients in outpatient areas will be considered at risk for fall during the therapy services due to the nature of treatments provided.

Clients will be monitored accordingly by the treating therapist during a session (within reason) and provided appropriate assistance to assure their safety (i.e. clients being oriented to new equipment).

Certain circumstances where the client is at significantly high risk for fall will mitigate direct assistance/supervision with any activity. Examples of these situations include (but not limited to): clients assessed to have significant balance deficit; clients with vision deficit; clients who easily fatigue with activity; clients who score at high risk on standardized tests (i.e. Tinetti, Functional Reach, Berg Balance); etc. For these cases, the evaluating therapist will place a sticker on the outpatient medical record to reflect need for increased awareness for fall risk.