

Risks

Physical

Causes (some)

- Chronic/acute physical condition
- Pain
- Balance impairment / low blood pressure
- Change in gait
- Decreased muscle tone
- Obesity
- Sensory changes
- Incontinence

Prevention

- Treat symptoms of chronicity
- Appropriate medication
- Assess level of mobility aid needed
- Promote physical health
- Assess incontinence

Environmental

Causes (some)

- Slipping hazards
- Objects out of reach
- Staff transfers
- Tripping hazards
- Mechanical error

Prevention

- Remove hazards or alter environment as seen fit
- Keep objects in reach/obtain reacher
- Assess transfer need

Alcoholism

Causes (some)

- Balance impairment and dizziness
- Interaction with medication
- Impaired cognition
- Slower reaction time
- Sedative effects

Prevention

- Alcohol with meals
- Adjust dosage (smaller more frequent)
- Ensure that alcohol is not mixed with medications

Medication

Causes (some)

- Sedation, dizziness, sensory changes, confusion
- Balance impairment
- Interaction with alcohol
- Low blood pressure
- Muscle weakness/rigidity
- Polypharmacy

Prevention

- Ensure that alcohol is not mixed with medications
- Assess for adverse effects of medications
- Use minimum number of medications
- Assess for mobility device

Cognitive

Causes (some)

- Confusion
- Lack of sleep
- Dementia / impaired judgement
- Brain injury

Prevention

- Visual reminders/signs to stimulate appropriate responses
- Determine cause of sleep loss/treat sleep loss
- Therapeutic communication
- Consistent daily routine