

Preventing Falls

Nursing

Multifactorial risk, and the interventions that follow from each identified factor.

Risk is multifactorial, so prevention is too. Score, then act on what scored.

Risk factor	Nursing response
Previous fall	Ask why it happened; treat the cause
Gait or balance problem	Refer to physiotherapy; supervised mobility
Delirium or confusion	Screen and treat causes; orientate; observe
Continence urgency	Timed toileting; clear, lit route
Postural hypotension	Lying and standing BP; slow position change
Sedating medicines	Flag for prescriber review

Educational reference. Bedrails and restraint carry their own risks and legal constraints; local falls and restraint policy governs.