

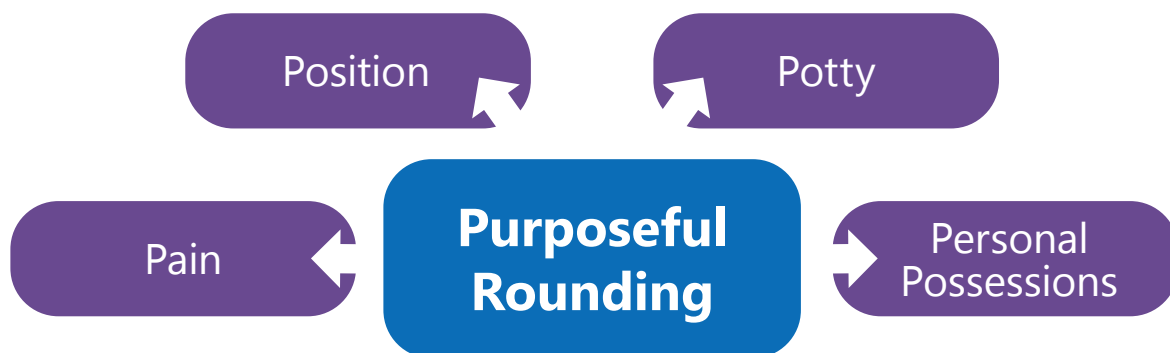
The 4 P's of Reducing the Risk of Falls

Southeast
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Implement Purposeful Rounding to help reduce the number of falls. This process can be used for all residents. However, focus on all new admissions and residents at high risk for falls.

The 4 P's are to be addressed by anyone who enters a resident room for any reason.



1 Introduce yourself upon entering the room.

For Example, "Mrs. Smith, my name is Sarah, and I will be your [nurse, housekeeper, etc.] today. I am here to [clean your room, give you your medication, etc.]."

2 Address the 4 P's

Pain

"How is your pain?" or "Are you having any discomfort?"

Medicate resident or schedule during upcoming rounds. For those who cannot do this, notify the nurse or responsible person who can provide medication.

Position

"Are you comfortable, do you need to be turned or repositioned?"

Observe the resident's position for safety and comfort and ensure call bells are accessible. Move the resident up in bed. Rearrange pillows. Offer extra blankets. Turn residents who are at high risk for skin breakdown. If your position does not permit you to perform these tasks, notify someone who can.

Potty

- If you are **not** nursing staff, ask, *"Do you need to use the bathroom?"* then notify someone who can assist them.
- If you **are** nursing staff, say, *"Let's go to the bathroom to see if you can use it."* then assist them to the bathroom.

Possessions

"Do you need me to move the phone, call light, trash can, water or your bedside table within reach?" or "Is there anything I can get or do for you?"

Arrange the bedside table, refill water pitcher, etc. In addition, perform any scheduled tasks:

- Physician/provider ordered procedures
- Give scheduled treatment and/or medication
- Clean the room
- Empty the trash

3 Closing

- Communicate when you will return.
- Close with key words: *"Is there anything else that I can do for you? I have time."*
- Document care if completed during the round, and report/document any new concern.

Prepared by Mary P. Chiles, RN RAC-CT 3.0, Chiles Healthcare Consulting, LLC

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