What Key Concepts Should be Covered?

- Many nursing home residents fall; about half of them fall annually.
- A fall is often a warning sign of illness or other problem.
- Risk factors may be due to physical changes, increased sensitivity to medicines and decreased ability to deal with stress and environmental conditions.
- The environment should be designed and maintained to prevent falls.
- The risk of nighttime falls is increased by siderails, sleep disorders, pain, restlessness and incontinence.
- A preventive program will help by maintaining mobility and function.