5 Easy Steps to Prevent Falls: The Comprehensive Guide to Keeping Patients of All Ages Safe

This is a must-have, comprehensive, user-friendly guide for all practicing nurses working in hospitals, long-term care or other health care organizations. It’s complete with color photographs that highlight high-risk areas for falls and injury potential along with educational tips on how nurses can prevent falls and teach patients to do so as well.

Divided into five easy-to-read chapters, this guide breaks down how to elicit those critical elements necessary to reduce and/or prevent patient falls across the care continuum. You will learn how to assess at-risk patients and those who have recently fallen through various tried-and-true techniques, assessment tools and teaching strategies, including how to:

- Determine the what-when-where-and-why the fall occurred based on current science
- Identify key symptoms associated with preventable falls and medical emergencies
- Safely administer basic tests of gait and balance
- Recognize and assess patients for orthostatic hypotension
- Identify early signs of post-fall injuries (including head injuries)
- Visualize firsthand high-risk environmental hazards causing falls and how to make them safe for patients
- Gain insight on teaching techniques to optimize patient skill about falls prevention

Chock-full of evidence-based practice suggestions related to the primary and secondary prevention of falls, web-based resources, national clinical practice guidelines, clinical tips and special considerations for unique populations. This useful guide also illustrates how to effectively communicate and educate patients using the teach-back method.

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