**Using Teach Back to Redesign Patient Teaching: Fall Prevention and Injury Protection**

**First 24 hours of Admission:**

**Use Teach Back with patients to improve understanding of:**

1. **The top 3 reasons you are at risk for falling and/or injury**

(Based on your fall risk assessment and history of injury risk)

1. **The 3 main reasons fall prevention is important**
2. Falls for the most part are preventable
3. Falls can result in injury
4. Falls can make your hospital stay longer
5. **Three actions you can take to stay safe**
6. Learn about your fall risk factors
7. Call first for help (using the call light)
8. Wait for help before your get out of bed or up from a chair
9. **Two important safety reasons why you need to ask for help when needing to go to the bathroom**
10. The hospital bathroom is not like yours at home, and unfamiliar places can increase your risk of falling.
11. Bathrooms are unsafe areas because they are small and it is easy to lose your balance or become dizzy.
12. **The main purpose for you to use the call light**
    1. To call the nursing staff for help.
    2. Let’s find where your call light is – at your bedside and in the bathroom
    3. Demonstrate use of the call light at both the bedside and the bathroom
13. **The main reason we want you to wear your non-slip footwear?**
    1. To prevent feet from slipping on the floor, which can increase your fall risk.

Other content areas:

**Knowledge Test After and Return Demonstration Checklist:**

Total Score: 15 points

Question 1

1. What are the top 3 reasons you are at risk for falling and/or injury?

(Based on your fall risk assessment and history of injury risk)

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Answer: 3/3

1. What are the 3 main safety reasons fall prevention is important?

Answers:

* Falls for the most part are preventable
* Falls can result in injury
* Falls can make your hospital stay longer

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Answer: 3/3

What are 3 actions can you take to stay safe?

Answers:

* Learn about your fall risk factors
* Call first for help (using the call light)
* Wait for help before your get out of bed or up from a chair

a. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

b. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

c. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Answer: 3/3

What are 2 important safety reasons you should ask for help when going to the bathroom?

Answers:

* The hospital bathroom is not like yours at home, and unfamiliar places can increase your risk of falling.
* Bathrooms are unsafe areas because of the small room size and it is not easy to move around. It is easy to lose your balance or become dizzy.

a. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

b. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Answer: 2/2

What is the main purpose for you to use the call light?

Answers:

* To call the nursing staff for help.
* Let’s find where your call light is – at your bedside and in the bathroom
* Demonstrate use of the call light at both the bedside and the bathroom

a. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

b. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

c. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Answer: 3/3

What is the main reason we want you to wear your non-slip footwear?

Answer:

* To prevent feet from slipping on the floor, which can increase your fall risk.

a. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Answer: 1/1

Ask for Return Demonstration: Points: 5 possible

Show me:

1. Location of call light – bedside
2. Use of call light - bedside
3. Location of call light – bathroom
4. Use of call light – bathroom
5. Non-skid slippers correctly on feet
6. Others?

At least 5 action items.

**Points awarded: \_\_\_\_\_\_\_\_\_\_\_\_\_/ 5 possible**

**Be sure to cover:**

1. What is my main problem?

2. What do I need to do (for that problem)?

3. Why is that important?