

## **Breaking the Fall Cycle Test for Nurses**

1. The anticipated benefits of hip protector use for long-term care facilities include:
  - a. Reducing the risk of hip fracture.
  - b. Reducing fear of falling in residents.
  - c. Increasing activities of daily living in residents.
  - d. Reducing caregiver 'fear of resident injury'.
  - e. All of the above
2. Up to 95% of hip fractures are caused by a fall.
  - a. True
  - b. False
3. Aside from the use of hip protectors, safety devices designed to reduce injurious falls include:
  - a. Low beds
  - b. Floor mats
  - c. A and B
4. Which of the following statements is false?
  - a. Fall alarms are designed to warn nursing caregivers that residents, who shouldn't be leaving the bed, chair or wheelchair, or toilet unassisted, are doing so.
  - b. Fall alarms prevent falls.
  - c. Fall alarms are available for use on toilet seats to detect unsafe egress.
  - d. Fall alarms may serve as an alternative to nurse call bells in residents who are noncompliant or unable to use their call bell.
5. Performing a root cause analysis of falling events (i.e., asking why the fall occurred and how future falls may be prevented) can help identify the need for fall alarms.
  - a. True
  - b. False
6. The best use of hip protectors is in those residents with:
  - a. Seizure disorder
  - b. Balance impairment
  - c. Cognitive impairment
  - d. Brittle or weak bones
  - e. Multiple injurious falls
  - f. All of the above
7. Fear of falling is not an indication for hip protector use.
  - a. True
  - b. False
8. Major problems associated with the use of hip protectors include:
  - a. Resident and caregiver adherence
  - b. Resident adherence
  - c. Caregiver adherence
  - d. None of the above
9. Which of the following statements is true?
  - a. The use of fall alarms should be based on specific resident criteria and/or risk factors.
  - b. Knowing the circumstances of a resident's fall(s) can help design targeted interventions and the appropriate use of fall alarms.
  - c. Both A and B
10. Fall alarms may serve as an assessment or planning tool by monitoring the frequency of attempts to leave the bed, chair or wheelchair, which can help identify emerging trends and interventions.
  - a. True
  - b. False

# Breaking the Fall Cycle

## Evaluation

As a result of this program I am able to:	5 Totally without difficulty	4 More so than not	3 Somewhat	2 Barely	1 Not at all
<ul style="list-style-type: none"> <li>Identify specific criteria and resident risk factors for the use of fall alarms.</li> <li>Describe the different types of fall alarms available.</li> <li>Describe those residents most likely to benefit from wearing a hip protector.</li> </ul>					

## Evaluation of Overall Program

	5 Excellent	4 Good	3 Fair	2 Poor	1 Unsatisfactory
Appropriateness of content for LTC setting					
Ability to apply content					
Quality of writing/organization of program					
Overall rating					

**Name:** \_\_\_\_\_ **Facility Name:** \_\_\_\_\_

**Mailing Address:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_ **Phone #:** \_\_\_\_\_

**RN#** \_\_\_\_\_

**Comments:**

When form is complete you may save it to your computer & email it as an attachment to: [accounting@psc.nu](mailto:accounting@psc.nu). You may also print out the completed form and either fax it to: 319-378-1311 or mail it to:  
Personal Safety Corporation, 1655 Progress Drive, Hiawatha, IA 52233

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