

Falls Program Goal Ideas

1. Anxiety management/Assertiveness

- Pt will identify 2 situations in which they require assist for safety
- Pt will consistently use assertive communication strategies to request assist with transfers 5 days
- Pt will demonstrate increased trunk control and confidence for dynamic mobility tasks by retrieving toiletries from bed side table while sitting in chair without arms
- Pt will demonstrate abdominal breathing exercises for anxiety management & increased respiratory support with 80 % accuracy
- Pt will increase activity specific balance scale score by 20% to show increased confidence for mobility tasks and reduced fear of falls, a leading fall risk variable.

2. Foot and Ankle

- Pt will demonstrate increased ankle ROM to _____ to maximize effective response to balance challenges
- Pt will be fitted for proper footwear to (reduce risk of skin breakdown, reduce fall risk for gait pattern, to avoid callus formation, to increase comfort and stability)
- Pt will demonstrate effective diabetic foot care including examination, hygiene, and sensory testing.

3. Physical fitness program/Graded mobility challenges

- Pt will demonstrate no loss of balance during standing dynamic functional kitchen activity 3 of 3 days
- Pt will side step during once around bed making activity with no loss of balance
- Pt will demonstrate increased safety with division of attention during functional mobility by carrying a full water pitcher from bathroom to bedside table without spills or loss of balance.
- Pt will return demonstrate strength/balance exercises effectively with restorative nursing X 2 days
- Pt will demonstrate increased balance by completing sitting unsupported during _____
- Pt will demonstrate safe ambulation up and down curbs (down incline ramp, up/down 3 stairs) in preparation for outing with daughter

4. Gait Quality

- Increase base of support by 2 inches to improve stability and safety during transfers and ambulation.
- Increase cadence to 75 steps/minute to enable resident to ambulate outdoors, to the facility garden/porch for activities.
- Increase dorsiflexion by 5 inches on right foot to increase steps and improve foot clearance to prevent falls due to tripping.
- Increase right knee flexion during swing phase by 10 degrees to increase cadence for patient to be able to go out for family outings.
- Ambulate 50 feet with rolling walker independently around her room for ADLs and simple homemaking task.
- Improve arm/heel strike synchrony to 80% of the time to improve stability and assist with energy conservation during ambulation.
- Increase cadence to 90 steps /min to enable resident to ambulate to and from parking lot to/from church or grocery store.
- Ambulate 400 feet with AD to and from home to church and for community distances independently on level and unlevel surfaces.

5. Posture

- Pt will demonstrate improved postural symmetry during unsupported sitting with min VCs
- Maintain head above shoulders and chin at midline during 10 minute gait activity
- Demonstrate independent, effective placement of lumbar roll back support in chair 3 of 3 days

6. Pain

- Pt will complete pain diary X 5 days to track pain patterns & response to relief efforts
- Pt will demonstrate effective joint protection strategies during homemaking tasks 3 of 5 days
- Pt will experience 25% reduction in pain following therapy intervention to include (modalities, manual therapy techniques, positioning, stretching exercises) as demonstrated by (self report using pain scale, score on PAINAD)
- Pt will demonstrate effective tracking of pain medications (using log, pill box) in preparation for return to home in 2 weeks.
- Pt will return demonstrate home exercise program to include (yoga positions, breathing exercises, stretching, tendon gliding exercises) for pain relief and maximum function.
- Pt will demonstrate reduced resistance of nursing care by 25% 3days involving (ROM, hygiene, splint application, turning in bed, transfers) as evidenced by fewer episodes of (screaming, aggression, etc.)

7. Vestibular

- Pt will reduce dizziness handicap inventory score to 39 or less to show decreased unsteadiness during functional pursuits
- Pt will demonstrate effective use of Brandt Maneuver 3 of 3 days in preparation for home program
- Pt will demonstrate no loss of balance during mobility tasks involving turning (i.e. rounding corners) 3 of 3 days
- Pt will independently complete viewing exercises (or other habituation exercises) as a strategy to overcome vestibular impairment
- Reactive balance to perturbation improved to WNL

8. Vision

- Pt will demonstrate increased awareness of environment as shown by independent use of scanning techniques for safe negotiation of obstacles during functional transfers
- Demonstrate independent use of magnifier to correctly identify proper meds and dosing instructions
- Pt will locate bathroom (or toilet) safely and independently 3 of 4 trials with modified furniture arrangement and contrast enhancement by OT
- Pt will independently make effective use of signage to orient to location and find dining room independently in one week
- Pt will consistently pause for 10 seconds inside doorway to adjust to changing light when moving from hall to bedroom
- Given tactile/kinesthetic strategies and/or color anchor on left page margin, patient will read pertinent educational materials without missed lines 5-6 sessions
- Staff will return demonstrate effective & consistent set up of (furniture placement, meal tray, toiletries) for improved environmental safety and self care independence

9. Urinary Incontinence

- Pt will manage incontinent episodes using compensatory strategies & modified clothing fasteners independently
- Pt will reduce trips to the bathroom to once per hour following bladder training strategies
- Pt will effectively use alternative toileting devices 50% of the time to reduce fall risk when toileting
- Pt will manage hydration plan with minimal verbal cues
- Pt will perform PME's on restorative nursing program effectively 6 days/week
- Pt will transfer to and from commode with modified independence following environmental modifications
- Pt will verbalize 3 strategies to reduce risk of UTI development

10. Environmental safety

- Environmental modifications to be completed to _____ (reduce mobility barriers, increase self efficacy for fall prevention, maximize visual contrast, optimize lighting effectiveness, improve safety with nighttime toileting, reduce threshold discrepancy, maximize furniture stability) and reduce fall risk.