

PEDIATRIC PATIENT FALLS: PREVENTION

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Equipment

- Validated falls risk assessment tool

Recommended Practice

ASSESSMENT

- Children should be assessed for their risk of falls upon or soon after admission to a health care facility, preferably using a validated tool. Risk assessment should be performed again if the patient's status changes. Patients at high risk of falls should then be highlighted in some way (i.e. stickers, on their ID band).
- Risk Factors include:
 - Greater than five days length of stay
 - Orthopedic diagnosis
 - The need for physical therapy or occupational therapy
 - Needing assistance with toileting
 - Administration of seizure medications
 - Administration of medication that affects sedation levels
 - Being IV/Heparin lock-free
 - History of fall
 - Impaired gait
 - Impaired cognitive status

PREVENTION INTERVENTIONS

- The organization should have safety protocols in place, which should be adhered to. Safety protocols may include the following elements:
 - Child and parents are oriented to the room and bed
 - Assistive devices are used properly
 - Floors and surfaces are checked for fluids/objects
 - Ambulation assistance is provided where needed
 - Call lights, telephones and personal articles are placed within reach
 - Cribs, high chairs and infant seats are used properly
 - Side rails and protective devices are used appropriately
 - Beds, cribs and stretchers are kept in the lowest, locked position

- Wheel locks are used when indicated
- The environment is kept uncluttered and free of obstacles
- Adequate lighting is provided
- Non-slip footwear is worn when up
- Appropriately sized clothing is worn
- Patient is assisted to the bathroom
- The commode is placed at the bedside
- Medication administration times are evaluated
- Frequent monitoring of the patient
- Keep the door to the room open
- Caregiver or sitter is at bedside
- Room assignment is allocated to allow more direct observation
- Parents or primary caregivers abilities to set appropriate behavioral or activity limits are assessed
- Education is provided to parent or primary caregivers regarding fall risk factors, appropriate transfer and ambulation needs, and appropriate use of side rails.

Supporting Evidence Summaries

1. Pediatric Patient Falls: Prevention

Archived Publications

1. JBI-RP-4379-2 (Published at 10 June 2022)
2. JBI-RP-4379-1 (Published at 4 May 2021)

Occupational Health and Safety Considerations



Author(s) potential or perceived conflicts of interest are collected and managed in line with the International Committee of Medical Journal Editors (ICMJE) standards.

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For details on the method for development see Munn Z, Lockwood C, Moola S. The development and use of evidence summaries for point of care information systems: A streamlined rapid review approach. *Worldviews Evid Based Nurs.* 2015;12(3):131-8.

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