

What to do when a person has fallen on their back



Ensure the person lays still for a moment, whilst you keep them calm and check for injuries. If the resident is not hurt and they think they can get up, encourage them to follow the steps below.

They must be able to move themselves with guidance. Follow steps from 1-9

1.



Bend a knee and lift the arm of the same side, and bring it across the body

2.



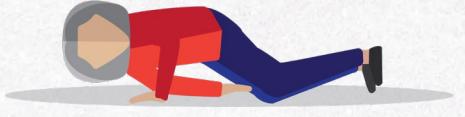
Initiate a roll over by turning the head in the opposite direction of the lifted arm

3.



Lift both knees up towards the chest and allow the body to roll over on to its side, with the hand that crossed over the body placed flat on the floor

4.



With the palm flat to the floor, ensure it is level with the shoulder. Use the arm to push your body weight up, allowing the other arm to support your weight

5.



Walk the hands back towards the hips, bringing the body into a side sitting position

6.



Press both hands down into the floor whilst lifting the bottom up and carefully placing the weight onto the knees. Find a chair for the next stage if you are able to

7.



Hold the chair in front of you and slide or raise the foot of your stronger leg forwards so it is flat on the floor

8.



Use the arms and legs to push up onto both feet and slowly rise to a standing position

9.



Turn around and walk slowly so the chair can be felt on the back of the knees. Bend the knees and hinge from the hips to lower down on the chair with control.



If a person falls and you know they cannot get up:

If the person falls and you know they can't get up without assistance, or if they feel pain in their hips or back if they move, you need to summon help.



Use a pendant alarm if you have one



Use your phone to call 999



Keep the person warm. Cover them with anything you can find nearby

You may have other support vehicles or services available in your area around falls, please utilise as per their processes

Advise the person to keep a mobile phone (or their pendant alarm) on them at all times in case of a fall.



STOPFALLS

Is this situation **life threatening** – could you call the ECP, 111 or a GP, or do you need to phone 999?

BE CLEAR WITH WHAT YOU NEED; THIS CAN SAVE TIME AND HAVE A BETTER OUTCOME FOR THE PERSON

Not every question will be relevant to every person. The checklist will help with describing symptoms (not exhaustive). Remember to document the outcome in the records. Write some answers down before you ring so you don't forget and can give relevant information.

If an ambulance is sent, these are suggestions of what do whilst waiting for the ambulance to arrive:

Reassure the person and stay with them, continue to monitor for signs of deterioration which may mean a further call to the service.

Ask another staff member to follow the check list:

- Do you need an escort?
- Do you need to ask senior management to attend the home?

In no particular order:

1. **Inform relatives**
2. **Photocopy medication charts and bag all medication.** Is there any in the fridge, bedroom or cupboards?
3. **Photocopy main care plan details** or grab sheet making sure the details are up to date.
 - Especially where you have allergies or special instructions around other medical conditions.
 - Include copy of DNAR form.
 - Is there any special information which may help staff to communicate or deliver care for the person, (i.e. strategies to adopt when the patient is anxious especially for those living with dementia)?
 - Are there any triggers which are not recorded?
4. **Prepare an overnight bag** for the person. Remember to take items that may offer reassurance. **Maintaining the persons' dignity is paramount** so having their own belongings may help.