

# FALLS, FRACTURES & INCIDENTS

Don't panic - stop and assess

## Collapse

Residents who are suddenly unresponsive should receive emergency care unless clearly documented otherwise

### AIRWAY

- Head tilt and chin lift to open airway

### BREATHING

- Rate
- Depth
- Rhythm

### CIRCULATION

- Pulse
- Blood pressure
- Colour

#### What to do

- Recovery position
- Capillary glucose
- Is an ambulance required

#### Describe:

- What happened before the collapse
- Any warning signs or symptoms
- Any incontinence, injury, pain, confusion etc



### Call the RN immediately for Help!

If there is no RN call for an ambulance for the following:

- Severe breathlessness OR new chest pain
- Unconscious, drowsy or confused
- Severe bleeding
- Ongoing choking with distress
- Collapse
- Major burn
- Suspected fracture

## Head

### DROWSY OR CONFUSED

#### What to do

- Blood pressure, pulse, respirations, temperature

#### Describe:

- Changes to level of consciousness or alertness
- How it occurred e.g. knock to head during fall
- Other injuries e.g. bruising to chin
- Any warning signs or symptoms

## Choking

### Ask "ARE YOU CHOKING"

- If resident unable to respond notify RN and call ambulance (if trained give quick upward abdominal thrusts)
- If resident able to respond position upright and observe closely until no longer in distress
- Do not give resident food or drink until cleared by RN, GP or paramedic

#### Describe:

- Cause of choking e.g. food product
- Length of episode
- Recovery

## Bleeding & skin tear

#### What to do

- Apply direct pressure until bleeding stopped: at least for 5 minutes, longer if required
- For skin tear see "SKIN"
- Apply clean non-stick cover and if required pressure dressing

#### Describe:

- What happened
- Approximately how much blood loss
- How long to stop bleeding
- Size, appearance and site of wound

If they are on an anticoagulant e.g. Warfarin, Aspirin, check the wound for evidence of further bleeding regularly

## Falls or suspected fractures

Do not move resident until notified by RN, GP or paramedics

#### Check for:

- Bruising or swelling
- Exposed bone
- Deformity of limb—shortness or abnormal position

#### What to do

- Blood pressure, pulse, respiratory rate
- Someone stays with the resident to:
  - comfort and calm
  - monitor bruising, swelling, pain, deformity and position
- Bleeding or skin tear? (See Care Giver guide "SKIN")
- Conscious or unconscious (see Head)

#### Describe:

- What happened
- Witnessed or unwitnessed
- Conscious or unconscious

## Burn

What to do e.g. cold water for at least 10 minutes

- Dress with clean non-stick covering

#### Describe:

- How it occurred
- Size appearance and site of burn

### PROMPTS

- Are the residents and staff safe
- Does someone need to stay with the resident
- Have the family been notified
- Have I filled in an incident form
- Have I completed all forms and notes and reported to the RN
- What is the care giver follow up plan after reporting this to the RN
- Have I followed the policy for:
  - > Getting help
  - > Falls and suspected fractures
  - > Bleeding and skin tears
  - > Cardiac and/or respiratory arrest
  - > Shock
  - > Basic observations

## Bruising

#### What to do

- Elevation if appropriate
- Cold compress (don't rub)
- Pain relief

#### Describe:

- How it occurred
- Size, appearance and site of bruise

If they are on an anticoagulant e.g. Warfarin, Aspirin, check the wound for evidence of further bleeding regularly



REPORT / RECORD / ACTION