



A Client Safety Module:
Understanding Fall Risk Factors

Are you "In the Know" about fall risk factors?
Circle the best choice. Then check your answers with your supervisor!

EMPLOYEE NAME
 (Please print):

DATE: _____

- ***I understand the information presented in this inservice.***
- ***I have completed this inservice and answered at least eight of the test questions correctly.***

EMPLOYEE SIGNATURE:

SUPERVISOR SIGNATURE:

Inservice Credit:

<input type="checkbox"/> Self Study	1 hour
<input type="checkbox"/> Group Study	1 hour

File completed test in employee's personnel file.

1. **Which of the following is NOT a risk factor for falls?**
 - A. Confusion
 - B. Poor vision
 - C. Poor upper body strength
 - D. Taking 3 or more medications
2. **Which of the following clients is most at risk for a fall?**
 - A. An independent 72 year old woman who lives alone.
 - B. A 68 year old man with Parkinson's who lives in a nursing home.
 - C. A 62 year old woman who walks every day after suffering a hip fracture.
 - D. A blind, but otherwise healthy 76 year old who lives at home with his wife.
3. **Poor sleep can place a client at risk for falls when:**
 - A. Lack of sleep causes fatigue, confusion or agitation.
 - B. Daytime fatigue limits participation in normal activities.
 - C. Restlessness leads to getting out of bed at night, especially in the dark.
 - D. All of the above.
4. **A good way to keep elderly clients safe from falls is to:**
 - A. Use restraints.
 - B. Encourage daily exercise.
 - C. Increase staff.
 - D. Limit trips to the bathroom.
5. **True or False**
 If you discover your client's walker is broken, you should locate tools and fix it.
6. **True or False**
 Many people who live in nursing homes experience two or more falls per year.
7. **True or False**
 Clients who are **not** confused or disoriented *can* and *should* be trusted to work *with* the healthcare team to keep themselves safe.
8. **True or False**
 A Fall Risk Assessment is not required, but most caregivers do it anyway as a courtesy to clients.
9. **True or False**
 The more risk factors a client has, the greater the chance of a fall.
10. **Fill in the Blanks**
 A simple test that makes it easy to tell if a client is steady on his or her feet is known as the "Get _____ and _____ Test".