

# Monthly training for both your RNs/LPNs and your CNAs in *Current Nursing in Geriatric Care!*

- Monthly caregiving Inservice Training!
- **Bonus:** Personal Improvement/Employee Development Topics! (Research-proven to improve performance, reduce turnover!)
- Inservice Quizzes!

Low-cost CEs for your RNs and LPNs. First nurse registration is FREE! and only \$1 per credit hour for additional! A real educational bargain... in important caregiving areas! Certificates are issued!

## All this training for only \$12/month!

### Current Nursing in Geriatric Care

Hospital, Medical Office Edition

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RNs and LPNs can earn CE credit for this article. Quiz on p. 8.

#### Preventing falls: Some evidence-based strategies that work

The importance of a good training program to reduce falls among elderly patients is widely recognized, and supported by extensive research evidence. Yet, in this population, falls continue to be the leading cause of disability and death. The situation is particularly serious in hospitals and other medical facilities, where falls are the major cause of patient injury—and even death. The big problem with all this, is that in the elderly, falling often results in very serious injury and debilitation. And, in that patient population, it's a major cause of death, as well, as some older never recover from a fall.

**A devastating problem**  
Falls are one of the most serious problems facing medical facilities, and a leading cause of injury and death among residents.

The reasons falls occur more often in medical facilities is often related to the increased frailty, cognitive impairments, and other health problems often present among nursing home residents.

Many agencies have studied falls among elders, and have developed those statistics that clearly show how falls are such a devastating problem for elders.



- Falls are the most frequent accidents in hospitals.
- Approximately 30% of falls cause serious injuries, frequently causing fractures.
- Falls can result in decreased physical functioning, disability, reduced quality of life, and an early death.
- Often, an elder—even one who had a previously good quality, happy life—never completely recovers from the results of a fall.
- Loss of confidence and fear of falling can lead to further functional decline, depression, feelings of helplessness, and social isolation.
- 10% of fatal falls for elders occur in hospitals.
- Elders in medical facilities have a much higher rate of falls.
- Patients often experience multiple falls.
- About 20% of fall injuries occur among non-ambulatory residents.
- About 50% of older adults hospitalized for hip fracture never again regain their previous level of function.

**Causes of falls**  
According to the CDC, these are the top reasons for falls among elders:

- Being female
- Being white
- Having had a previous fall
- Having lower body weakness or gait or balance problems

(Falls, cont'd p. 2)

## RN/LPN/AD CEU 2010 topics:

CE's are registered with Florida Board of Nursing, and many other states. One registration is FREE. Others available at only \$12/nurse for 12 monthly CE credits.

That's only \$1/month for CEs for each of your nurses: A very convenient, cost-savings method of meeting CE licensing requirements... a big help for your budget!

- Jan.** Alzheimer's care: An effective program for reminiscence therapy.
- Feb.** Alzheimer's care: Sensory therapy. How to do effectively. What the latest research says.
- March.** Activities programs that are proven therapeutic for elders, including those with Alzheimer's. The latest research, what works, what the new CMS Guidelines require.
- April.** Validation therapy. A proven-effective solution to improving Alzheimer's communication and problem behaviors.
- May.** Falls prevention. The latest update on new research that's proven effective in longterm care.
- June.** Programs and systems recommended to avoid medical errors.
- July.** Effective staff management. How-to pointers that are shown to improve staff performance, decrease turnover, improve your leaders.
- August.** Diabetic elder caregiving: The special, attentive nursing management required for those elders.
- Sept.** Proper Dental care. Why it's important, how to do it, why close supervision is required.
- Oct.** Domestic abuse. A program you can develop for dealing with it as effectively as possible.
- Nov.** The latest research and recommendations in management of pain in your elders, which is a significant problem in longterm care.
- Dec.** Sexual harassment and violence. How to prevent it in your workplace. How to handle it when it occurs. The latest regulations.

## CNA Inservice topics 2010

Each CNA inservice article includes quiz, plus approval to make as many copies to train all the CNAs in your facility! A real money-saver for you!

- Jan.** How to be a compassionate caregiver. Why it's important to your career, and your elders.
- Feb.** The basics of skin care. Why it's important, do's and don'ts, reporting observations, what the latest research says.
- March.** Preventing medical errors: Tips for CNAs.
- April.** Working with your Alzheimer's elders successfully. Tips on handling behavioral challenges, successful communications, etc.
- May.** Effective human relations skills for CNAs. Getting along with co-workers and bosses; being an effective team member.
- June.** The latest on infection control, specifically for CNAs, including the latest flu situation, MRSA and other resistant bacteria, vaccinations, infection control, the CNA's role in preventing infections.
- July.** Special caregiving tips for elders with serious diseases, including heart problems, COPD, diabetes, and stroke.
- August.** Vision problems in elders, and what CNAs should watch for. How CNAs can prevent vision problems, and even blindness in their elders.
- Sept.** Sexual harassment and workplace violence... information specifically for CNAs. How to avoid it, what it is, what to do if you're a victim, your rights.
- Oct.** HIPAA and resident privacy. Rules, regulations and how they apply to CNAs.
- Nov.** Resident abuse for CNAs. Examples of abuse how to prevent, what to do about it, why CNAs are so important in their elders' care and quality of life.
- Dec.** Caring for your elders' environment. What the regulations say; why it's important to their quality of life; what CNAs can do to help.



Note: RN/LPN/AD CEs are registered by CEU Network, and approved by the Florida Board of Nursing, and many other states, plays reciprocity arrangements. Certificates are issued.