

# **Fall Prevention Action Plan Survey: A Quality Improvement Project**

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## **Abstract**

Older adults are at an increased risk for falls due to pathophysiological changes in the normal aging process and chronic illnesses (Berry & Miller, 2008). Rehabilitation facilities where they recover from acute and chronic illnesses perform a fall risk assessment at the time of admission, but the assessment reflects only the fall risk at that moment, not the fall risk later. This quality improvement project involved developing an evidence-based fall prevention tool that can be used at bedside by cognitively intact older adults and conducting an opinion research survey to identify areas of the tool to improve for better clinical application. The revised tool has fewer words and a bigger font size for the older adults to easily read the self-assessment questions and follow guidance on actions to take to prevent falls.