



Australian Government

Department of Health and Aged Care

NATIONAL AGED CARE MANDATORY
QUALITY INDICATOR PROGRAM

Falls and major injury



Make it count

Continuous improvement is about seeking and applying opportunities to enhance the quality of care and outcomes for care recipients.

Take 60 seconds to understand how to measure and report on falls and major injury and help your service enhance the quality of care and outcomes for your care recipients.



Click the arrow
to continue



Contents

Click on a box to view that section or move through all the sections using the next and previous buttons at the bottom of the page.

Why measurement matters

Falls are one of the main causes of harm in residential care. While not all falls can be prevented, the evidence suggests that fall rates can be reduced.

Falls are common due to slipping, tripping and stumbling and are more likely for care recipients experiencing **dementia**.

10.5%

of residential
care recipients
were admitted
to hospital as the
result of a fall
between 2018–2019

Data Source: Aged Care
Royal Commission Final
Report Summary

These rates represent only a small number of care recipients who fall and do not include care recipients treated in residential aged care who did not require hospitalisation.



Impact of falls

Poor mobility can lead to an increased falls risk, which can impact care recipient's health and quality of life.

When a fall occurs, the hip and thigh are the most affected areas, as well as head injuries.

Click on the boxes to learn how major injury from falls can impact care recipients.

Source: Preventing Falls and Harm From Falls in Older People – Best Practice Guidelines for Australian Residential Aged Care Facilities 2009. <https://www.safetyandquality.gov.au/sites/default/files/migrated/Guidelines-RACF.pdf>



How to collect data for falls and major injury

The following data is collected and reported on for the falls and major injury quality indicator.

Click on the boxes to learn more.

Quality improvement

Awareness of risk factors and some simple steps can support in reducing the risk of falls occurring.

The checklist on the right will help assess care recipients who are at risk of falls and provide potential support and management strategies.

**STEP
1**

Undertake an environmental review and modify as needed

**STEP
2**

Undertake a falls risk assessment using a validated tool

**STEP
3**

Document findings in a care plan

**STEP
4**

Implement appropriate prevention strategy based on the care recipient's risk factors

**STEP
5**

Undertake frequent reassessment to monitor risk

For detailed information on potential prevention and management strategies, and quality improvement activities, please refer to the **QI Program Manual 4.0 – Part B**.

Ask QIRI

The Quality Indicator Reporting Instructor (QIRI) answers your questions about falls and major injury.

Click on a speech bubble to learn a top tip from QIRI.



Quality indicator challenge



Congratulations!

**You have completed
Module Five – Falls
and major injury.**

Test your knowledge in the box on the right then move onto the next module.

Test your knowledge...

Write down your key take-aways from this module:

TAKEAWAY 1

TAKEAWAY 2