

## Ambulatory Falls Prevention Training 2009

**DO NOT WRITE ON THE TEST. USE ANSWER SHEET.**

- 1. Which equipment option cannot prevent patient falls?**
  - a. A call bell
  - b. Wheelchair
  - c. A lift
  - d. Walker
  
- 2. Which patient activity alerts staff to an increased risk for a fall?**
  - a. Stepping on and off a scale
  - b. Transferring between wheelchair and exam table
  - c. Walking to and from the bathroom
  - d. All of the above
  
- 3. Reasons why a staff member would NOT need to assist a patient who is at risk for falling:**
  - a. The patient's family member is present.
  - b. The patient is using a walker or a cane well.
  - c. The patient says they are fine despite moving very slowly.
  - d. They recovered from stumbling when they stood up from a chair.
  - e. None of the above. We need to increase our diligence to prevent falls.
  
- 4. There are two wheelchairs in the front of the clinic. One of the two wheelchairs does not have removable armrests or turn away leg rests, the other has both. A family member comes to the counter asking for a wheelchair to help get the patient out of the car. Which wheelchair should the staff take out to the car to help the family and the patient?**
  - a. It doesn't matter which chair to use.
  - b. Try to use the chair with removable parts for the car transfer as this will decrease obstacles for a safer transfer.
  
- 5. Physicians are NOT expected to communicate to other staff when they observe that a patient is at falls risk.**
  - a. False
  - b. True
  
- 6. Staff can be exposed to the risks of injury related to a patient fall because of**
  - a. The patient's age
  - b. Awkward postures used when assisting the patient
  - c. Excessive force from lifting the patient's weight
  - d. B & C
  
- 7. The best body position for a caregiver or staff member with a wheelchair transfer**
  - a. Staff member allows the patient to hug their neck and as quickly as possible, twists and lifts the patient to the table.
  - b. Staff member stands behind the chair and assists the patient to the table by leaning over the back of the wheelchair and by pulling them up by their underarms from behind.
  - c. Staff member stands in front of the wheelchair, closely hugs the patient around their upper back, and gives the patient time to push with their arms and participate with the transfer.

**8. Which of the following items identifies a patient with a risk of a fall?**

- a. Yellow arm band
- b. IDX alert
- c. Sticker on chart
- d. All of the above

**9. The best position for the wheelchair for a transfer is:**

- a. Make sure the wheelchair is unlocked and placed at least 6 feet from the table.
- b. Make sure the wheel chair is locked, and facing the examination table.
- c. Make sure wheelchair is locked, and placed at a 30 degree angle next to the examination table or at a corner angle in front of the commode.

**10. If you see a patient or visitor who is having difficulty walking, you can intervene by**

- a. Assisting the patient to a chair
- b. Doing nothing
- c. Alerting medical personnel
- d. A & C

**11. A "fall"**

- a. Is one of the four seasons
- b. Is an unplanned descent to the floor with or without injury
- c. Can be assisted by a staff member
- d. B & C

**12. Which one of the following environmental factors alerts staff to the increased risk of a fall?**

- a. Has a history of falls
- b. Uneven sidewalk
- c. Using a cane
- d. Wearing thick glasses