



# Resources to Support Mobility in Residents Living in Nursing Homes

## **National Nursing Home Quality Care Collaborative Change Package**

The Change Package lists successful practices of high performing nursing homes and contains a menu of strategies, change concepts, and specific actionable items that any nursing home can choose from to improve residents' quality of life and care. The Change Package includes a "bundle" of actions to maintain and improve resident mobility.

[https://www.nhqualitycampaign.org/files/NH\\_ChangePackage\\_V2.0\\_03-26-2015\\_Final.pdf](https://www.nhqualitycampaign.org/files/NH_ChangePackage_V2.0_03-26-2015_Final.pdf)

## **Mobility: Promoting Physical Activity for People Living in Nursing Homes**

This 22-minute webinar is intended for nursing home leadership and staff and provides an overview of strategies and resources to help maintain or improve mobility for people living in nursing homes. Specific topics include: utilizing the Nursing Home Change Package and applying strategies from the mobility bundle into your nursing home, exploring use of the "Seven Dimensions of Wellness Model" to support health and well-being, and understanding how using the "Plan, Do, Study, Act Model" for improvement can support quality in your nursing home.

<http://qioprogram.org/resources/content/mobility-promoting-physical-activity-people-living-nursing-homes>

## **Advancing Excellence in America's Nursing Homes**

Mobility is one of the goals supported by the Advancing Excellence Campaign. Working towards this goal will help nursing home staff address mobility and related issues, including range of motion, bed mobility, transferring, walking, eliminating physical restraints, wheelchair mobility, and reducing fall risk. Residents' health and quality of life will improve with added freedom of movement and increased activity. Numerous tools and resources, including a mobility tracking tool, fact sheet, probing questions, and mobility assessment and intervention tools, are available.

<https://www.nhqualitycampaign.org/goalDetail.aspx?g=mob>

## **Falls Management Program: A Quality Improvement Initiative for Nursing Facilities**

The Agency for Healthcare Research and Quality's Falls Management Program presented in this manual is an interdisciplinary quality improvement initiative. It is designed to assist nursing facilities in providing individualized, person-centered care, and improve their fall care processes and outcomes through educational and quality improvement tools. Appendix B contains numerous forms and training materials.

<http://www.ahrq.gov/professionals/systems/long-term-care/resources/injuries/fallspix/index.html>

## **Falls in Nursing Homes, How Can We Prevent Falls**

The Centers for Disease Control and Prevention (CDC) provides a summary of the problem of falls and preventive interventions in nursing homes.

<http://www.cdc.gov/HomeandRecreationalSafety/Falls/nursing.html>

### **Falls and Fall Risk Clinical Practice Guide**

The Society for Post Acute and Long Term Care Medicine, AMDA, developed this guide for physicians, other practitioners, and staff in assessing and managing individuals who have a recent history of falls or who are at risk of falling. The hard copy guide costs \$32 for members and \$42 for non-members; The electronic version costs \$26 for members and \$34 for non-members.

<http://www.paltc.org/product-store/falls-and-fall-risk-cpg>

### **State Program Web Site with Resources to Prevent Falls**

This is an example of a state-based website with information, tools, and resources to prevent falls in older adults, including falls in nursing home residents. This Ohio Department of Health website includes resources on causes and solutions for resident falls and links to other states' fall prevention websites.

<http://www.healthy.ohio.gov/vipp/falls/falllinks.aspx>

### **Preventing a Decline in ADLs: Mobility Enhancement and Restorative Nursing Programs**

The Lake Superior QIN-QIO presents a one-hour webinar on promoting mobility in nursing home residents.

<https://www.youtube.com/watch?v=WHmv95Cm-2M>

## **Other Resources Not Specific to Nursing Homes**

### **Falls Toolkit**

U.S. Department of Veterans Affairs' Falls Toolkit was developed to aid facilities in developing a comprehensive falls prevention program.

<http://www.patientsafety.va.gov/professionals/onthejob/falls.asp>

### **Nursing Standard of Practice Protocol: Fall Prevention**

Hartford Institute for Geriatric Nursing's protocol includes information on prevention of falls, nursing care strategies, assessment tools, practice guidelines.

<https://consultgeri.org/geriatric-topics/falls>