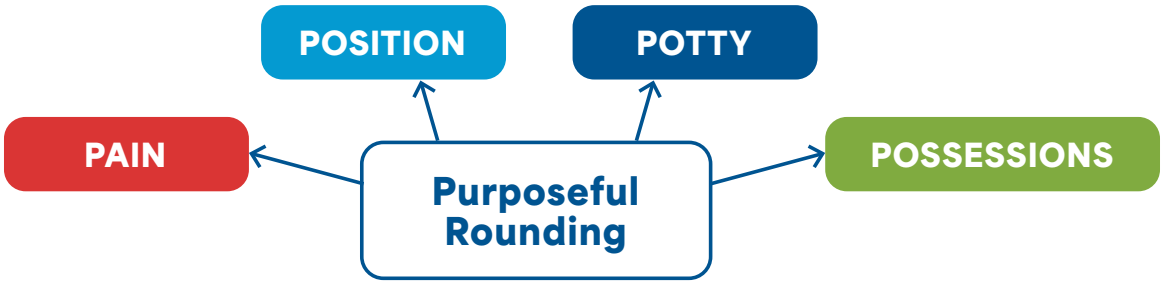
The 4 Ps of Reducing Fall Risks

MIDWEST QIN-QIO



To reduce the number of falls in our facility, we are implementing Purposeful Rounding for all staff. This process can be used for all residents; however, we want to focus on all new admissions to our facility and our residents at high risk for falls.

The 4 Ps are to be addressed by ANYONE
who ***enters a resident room*** for ANY reason. They are:

PAIN **POSITION** **POTTY** **POSSESSIONS**

UPON ENTERING THE ROOM, YOU SHOULD:

❶ First, Introduce yourself

For example, "*Hi there Mrs. Smith. My name is Sarah, and I'll be your nurse/housekeeper/etc. today. I'm here to clean your room/ give you medication/etc.*"

❷ Then, Address the 4 Ps

PAIN

"How is your pain?" or *"Are you having any discomfort?"*

Medicate resident or schedule during upcoming rounds. For those of you who cannot do this, notify the nurse (or responsible person) who can provide medication.

POSITION

"Are you comfortable? Do you need to be turned or repositioned?" Observe the resident's position for safety and comfort and ensure call bells are accessible.

Move the resident up in bed. Rearrange pillows. Offer extra blankets. Turn residents who are at high-risk for skin breakdown. (Again, if your position does not permit you to perform these tasks, notify someone who can.)

POTTY

If someone other than nursing is asking, ask, *"Do you need to use the bathroom?,"* and then notify someone that's able to assist.

If someone from the Nursing Department is asking, the statement should be, *"Let's go to the bathroom to see if you can use it."* (Assist the resident to the bathroom.)

POSSESSIONS

"Do you need me to move the phone, call light, trash can, water or your bedside table?" "Is there anything else I can get or do for you?"

Arrange the bedside table, refill water pitcher, etc.

IN ADDITION

❸ Perform any scheduled tasks that you entered to complete:

- Physician/provider ordered procedures
- Give scheduled treatment and/or medication
- Clean the room
- Empty the trash

CLOSING

❹ Communicate when you will return.

❺ Close with key words *"Is there anything else I can do for you right now? I have the time."*

❻ Document care if completed during the round, and report/document any new concern.

This resource was adapted from HQIN's 4 Ps for Rounding tool. This material was prepared by the Midwest QIN-QIO, the Quality Innovation Network-Quality Improvement Organization, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services (HHS). Views expressed in this material do not necessarily reflect the official views or policy of CMS or HHS, and any reference to a specific product or entity herein does not constitute endorsement of that product or entity by CMS or HHS. This material is for informational purposes only and does not constitute medical advice; it is not intended to be a substitute for professional medical advice, diagnosis or treatment. 13thSOW-QIN-QIO-273