

Series Title: Fall Prevention Program Reboot

Session Title: Addressing Fall Root Causes with Targeted Interventions

Presentation Date: 07/01/2026

Presented By:

- Liz Wheeler, RN, BSN, CHPN, IPCO, QCP, CDP

Back Up Presenters:

- Janine Lehman, RN, RAC-CT, CLNC

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Course Description:

Falls are a frequent challenge in skilled nursing settings. This presentation focuses on moving beyond surface-level fall reviews to meaningful root cause analysis and effective resident-centered interventions. Participants will learn how to distinguish true root causes from contributing factors and translate findings into targeted interventions that reduce repeat falls. Emphasis will be placed on interdisciplinary accountability, regulatory expectations, and QAPI-driven improvement to strengthen fall prevention outcomes.

Projected Learning Outcomes/Course Objectives: At the conclusion of each session, the learner will:

1. Differentiate between contributing factors and true root causes of falls in skilled nursing residents.
2. Learn how to apply structured root cause analysis approaches to post-fall reviews and fall trend data.
3. Understand development of targeted, individualized interventions that directly address identified root causes rather than generic fall precautions.
4. Identify the benefit of evaluating effectiveness of interventions over time.

List Learning Objectives: What participants will gain from attending this session:	Content: Bullet-point list of information covered to meet learning objective
Differentiate between contributing factors and true root causes of falls in skilled nursing residents.	- Review of common factors of fall risk -Discussion of common fall risk interventions and effectiveness -Benefits of applying root cause analysis to determine appropriate interventions
Learn how to apply structured root cause analysis approaches to post-fall reviews and fall trend data.	-Methods of root cause analysis -Case scenario review

Understand development of targeted, individualized interventions that directly address identified root causes rather than generic fall precautions.	-Determination of intervention based on root cause analysis -Case scenario
Identify the benefit of evaluating effectiveness of interventions over time.	-Best practices for re-evaluation of interventions -Principles of documentation

Course Content

15 minutes	Contributing factors and root causes of falls
20 minutes	Application of root cause analysis
20 minutes	Targeting interventions based on root cause analysis
5 minutes	Closing Comments/Q&A

Target Audience: Nursing Leadership, Nursing Home Administrators, Department Heads, Owners/Operators, QAPI team

Instructional Level: Intermediate

Contact Hours: 1.0