

## Preventing a Fall: Frequent Checks and the 4 P's

- ✓ **Positioning** – Does the resident look comfortable?  
Ask if the resident would like to move or be repositioned.
- ✓ **Personal (Potty) needs** – Does the resident need to use the bathroom? Take them to the bathroom.
- ✓ **Pain** – Does the resident appear in to be in pain?  
Ask residents to describe their pain and do whatever is necessary to make them comfortable. Report to nurse.
- ✓ **Placement** – Is water, urinal, tissues, phone, call light, tv remote, walker – all within easy reach? Bed at correct height? Trash can near bedside?

## Eight Actions to the 4 Ps

1. Use opening *key words*
2. Accomplish *scheduled tasks*
3. Address the 4 P's
4. Address *additional* comfort needs
5. Conduct *environmental* checks
6. Ask, "Is there anything else I can do for you? *I have the time.*"
7. Tell each patient when you (or someone else) will be back.
8. Don't wake them.