Client Safety: Preventing Falls and the Use of Restraints

1) What is the first goal regarding client falls?
   a) Prevention.
   b) Assessment.
   c) Documentation.
   d) Using restraints.

2) Which of the following are the three basic causes of client falls?
   a) Medications, Alzheimer’s disease, institutional.
   b) Staff, environmental, and client issues.
   c) Age, female gender, communication barriers.
   d) Client issues, poor staffing, environmental issues.

3) Which of the following is an effective environmental method of preventing falls?
   a) Restraints.
   b) Semi-private rooms.
   c) Orientation.
   d) Dim lighting.

4) Which of the following is an effective environmental method of preventing falls?
   a) Accessible, functioning call light.
   b) Restraints.
   c) Bed close to the bathroom.
   d) Roommates.

5) The two basic client issues that can contribute to falls are:
   a) Age over 80 and male gender.
   b) Medication use and body weight.
   c) Age under 60 and female gender.
   d) Physical and mental.

6) A staff issue that contributes to client falls is:
   a) Lack of concern.
   b) Failure to be proactive.
   c) Lack of staffing.
   d) No CNAs on staff.

7) The four issues that are included in a risk of falling assessment are:
   a) Age, gender, history of falls, mental status.
   b) Physical strength, medications, history of falls, diagnosis.
   c) Medications, history of falls, mental status, ambulatory status.
   d) Ambulatory status, history of falls, history of stroke, Alzheimer’s disease.
8) Which of the following are the correct actions to take if a client falls?
   a) Put the client back to bed, bandage the wounds, and document.
   b) Place the client on his/her back, check the airway, call for help.
   c) Notify the physician, notify the supervisor, call the client’s family.
   d) Assess for injuries, call for help, notify the supervisor, document.

9) Restraints are used:
   a) As last resort, only with physician’s order, if client is danger to themselves or others.
   b) With uncooperative clients, elderly clients, to ensure client safety.
   c) With confused clients, to maintain a safe environment, as a last resort.
   d) As needed, by the order of a nurse, as reinforcement to stay in bed.

10) Which of the following are important when caring for a client who is in restraints?
    a) Restrain all four limbs, make the restraints snug, document.
    b) Check the patient often, assess the restrained area, periodically release the restraints.
    c) Tie restraints tightly, explain the procedure to the client, check the restrained area.
    d) Remove restraints during the day, assess the restrained area, restrain only one limb.