

Betty's Tips



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MDS 3.0

It is never too early to become familiar with MDS 3.0.

According to experts, the MDS improvements could help reduce the number of falls in long term care patients. Statistics which track nursing home falls show the seriousness of the problem. The research has shown that 45 to 70 percent of nursing home residents experience a fall, 30 to 40 percent fall two or more times, and 11 percent experience a serious injury. Studies have found that residents with a history of previous falls can be a predictor of future falls, those patients with an abnormal balance or gait can have an increased risk of falls, and some gait transitions can be related to fall risks. MDS 3.0 separates fall assessments into two categories; a fall history on admission and falls since last assessment. For the residents that experience falls since last assessment, data will then be collected on the number and outcome of the fall(s). The assessment even distinguishes between 0, 1, and 2 or more falls. Obviously if the resident has 2 or more, they are at substantially higher risk for future falls.

Also, physical therapists and other fall experts gave input that resulted in balance items designed to guide staff in identifying parts of gait and transition that relate to fall risks. Balance is rated during moving from sitting to standing, walking, turning, moving on and off the toilet, and moving from surface to surface. Balance items were tested and were rated as 88 percent clear, 83 percent helpful in identifying residents at risk for falls, and 87 percent easier to score. Becoming familiar with MDS 3.0 and what has resulted from it, is important for all nursing homes.

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