

# Progressive Mobility & Pressure Injuries Toolkit 2022

## Patient Safety Awareness

*Your guide to raising awareness  
among staff, patients, and families*



*Patient Safety is Everyone's Responsibility*

Inpatient falls are the most reported adverse event in hospitals. Injury from a fall may have serious physical and psychological consequences, including the need for a surgical intervention, prolonged hospitalization, additional pain, and the fear of future falls. Immobility can cause pressure ulcers/injury, deep vein thrombosis (DVT), loss of muscle mass, and a decrease in long bone density. Understanding how risk increases with a decrease in mobility is essential to your health care.

September – [Falls Prevention Month](#)

September 22 – [Falls Prevention Day](#)

**Progressive Mobility & Pressure Injuries** – Use these images, messages, and links in your public social media and internal staff education.

### Clinical Messages

Message 1: Many medications that are given to older adults increase their risk for falls. To learn more about how to improve collaboration between health care providers and pharmacists at [STEADI—Older Adult Fall Prevention](#)  
#PatientSafetyAwareness  
#UnitedForPatientSafety

### Older Adult Falls

A growing problem that can be prevented.



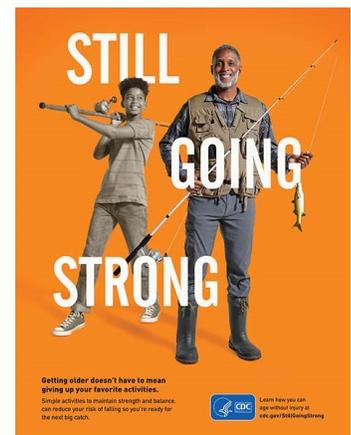
IN 2018  
**1 in 4 older adults reported falling—this equals about 36 million falls.**  
Falls can threaten the health and independence of older adults.

More than **8 million** falls required medical attention or limited activity for at least a day.

More than **32,000** older adults died from falls—that's 88 older adults every day.

[Click to download image](#)

Message 2: Still Going Strong is an empowering awareness campaign that encourages older adults to age safely while still enjoying their favorite hobbies and activities and highlights the benefits of staying active and other simple steps older adults can take to reduce their risk of a fall or motor vehicle crash, which are leading causes of injury among older adults. This toolkit is for partner organizations to promote older adult injury prevention and motivate older adults to stay safe and independent longer. Please use the [Still Going Strong](#) content and resources within your organization's communications. #PatientSafetyAwareness  
#UnitedForPatientSafety



**STILL GOING STRONG**

Getting older doesn't have to mean giving up your favorite activities. Simple activities to maintain strength and balance can reduce your risk of falling so you're ready for the next big catch.

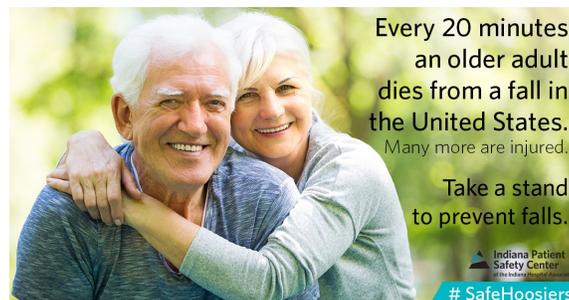
Learn how you can age without fear at [cdc.gov/stillgoingstrong](http://cdc.gov/stillgoingstrong)

Message 3: Nationwide, patient falls during hospital stays are a leading cause of death and disability. In fact, hospitalization itself appears to increase a person's fall risk. A nationwide study found that about three percent of patients fall while in the hospital, while nearly 30% of those who fall sustain injury, adding an average of 6.9 days to a hospital stay. Utilize the [Fall TIPS](#) provided by AHRQ to help reduce falls in your facility.

[Click to download image](#)

## Community Messages

Message 4: Did you know that 3 in 4 adults take at least one medicine commonly linked to falls or care crashes? Older adults are at a greater risk if they use medicines that can cause problems with how they think and the way their bodies perform. Check out this resource from the CDC on [Medications and Fall Risk](#).



Message 5: Many people make financial plans for retirement, but not everyone plans for other changes that may come with age. Do you have a plan for how you will get around? Learn about creating a mobility plan at [Adult Mobility Tool](#) #PatientSafetyAwareness #UnitedForPatientSafety

[Click to download image](#)

Message 6: Falling is not a normal part of aging. You can prevent falls by doing the right exercises, making your home safe, getting regular health checkups, and more. Learn the steps you can take to stay safe from the [National Council on Aging](#).

Message 7: Keeping your skin healthy is very important as we age. Learn about how you can prevent pressure ulcers from occurring in this Patient Guide. [Preventing pressure ulcers](#) #PatientSafetyAwareness #UnitedForPatientSafety

## Additional Resources

**NEW** [Medications Linked to Falls](#)

**NEW** [Skin Manifestations with COVID-19](#)

**NEW** [Skin & Wound Challenges in People of Color](#)

**NEW** [Pressure Injury Prevention Points](#)

[Preventing Falls in the Bathroom](#)

[Fall Mat Demonstration](#)

[Introduction to Progressive Mobility](#)

[Reduce Pressure Injuries in Prone Patients](#)

[Implementation of Early Exercise and Progressive Mobility: Steps to Success](#)

[Get Your Patients Moving— Now!](#)

[Resources for Skin Safety](#)

## Printable Resources

[Progressive Mobility Table Tent](#)

Click on the link above to download a PDF of the table tent. The table tent should be printed on 8 ½ X 11” white card stock and then folded into thirds and taped on the seam. You can leave the ¼” margin or trim if desired.