FALLS REDUCTION IN A RESTRAINT FREE INPATIENT REHABILITATION UNIT

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Falls Defined

- 2010 National Patient Safety Goal #9 – to reduce the risk of patient harm resulting from falls.
- According to several sources, falls are: "a sudden, unintentional change in position causing an individual to land on a lower level, an object, the floor, or other surface including slips, trips, or loss of balance".

Goals for Fall Reduction

- Reduce the number of falls without the use of restraints.

Fall Reduction Evidence Based Practice

- Hourly rounding
- Bed Alarms
- Room placement considerations
- One to One monitoring
- Low Beds
- Post Fall Assessments

Fall Reduction Plan

- Staff Education
- Use of Henrichs II Fall Assessment
- Proper signage
- Use of Bed Alarms
- Use of Low Beds
- Hourly Rounding
- PM Walking Group
- Use of Patient Care Companions for one to one oversight
- Placement in proximity to nurses station
- Medication Review
- Use of non-skid shoes or socks
- Post Fall Huddle

Hourly Rounding

- Performed on off shifts, nights and pms
- Provides greater oversight and closer monitoring of patient status
- Rounding performed with the purpose of toileting, pain control, repositioning or moving closer to nurses station for one to one monitoring
- Results in decreased falls and decreased unit acquired pressure ulcers

Evening Walking Group

The requirements for patients in the walking group:

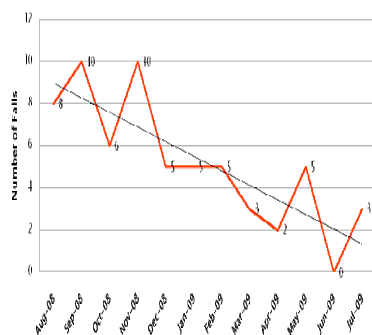
- Physical Therapy Approval
- Able to ambulate 100 feet with assistive device
- Must be CGA or SBA

Benefits of Walking Group

- Stress Relief
- Additional Exercise leading to increased strength and stamina
- Positive Mental Attitude
- Better sleep, decreased restlessness
- Decreased Falls

Inpatient Rehabilitation Falls

August 2008 through July 2009



- 2008 NDNQI - 6.94
- ALGH - 4.17
- 2009 NDNQI - 6.94
- ALGH - 2.0

Result: 68% Decrease 2008 vs. 2009

Decreased Unit Acquired Pressure Ulcers

An added benefit to our falls reduction program was the decrease in our unit acquired pressure ulcers.

- Jan – Aug. 2009 – 0 pressure ulcers
- July – Dec. 2008 – 4 per 1000 pt. days

Lessons Learned

- Acute Rehabilitation Patients are at high risk for falls.
- Fall incidents can be reduced in high risk patients without using restraints through the use of fall reduction strategies.
- Unit Acquired pressure ulcers are also reduced with fall reduction strategies.
- Higher quality care results in increased patient satisfaction

References

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