

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:

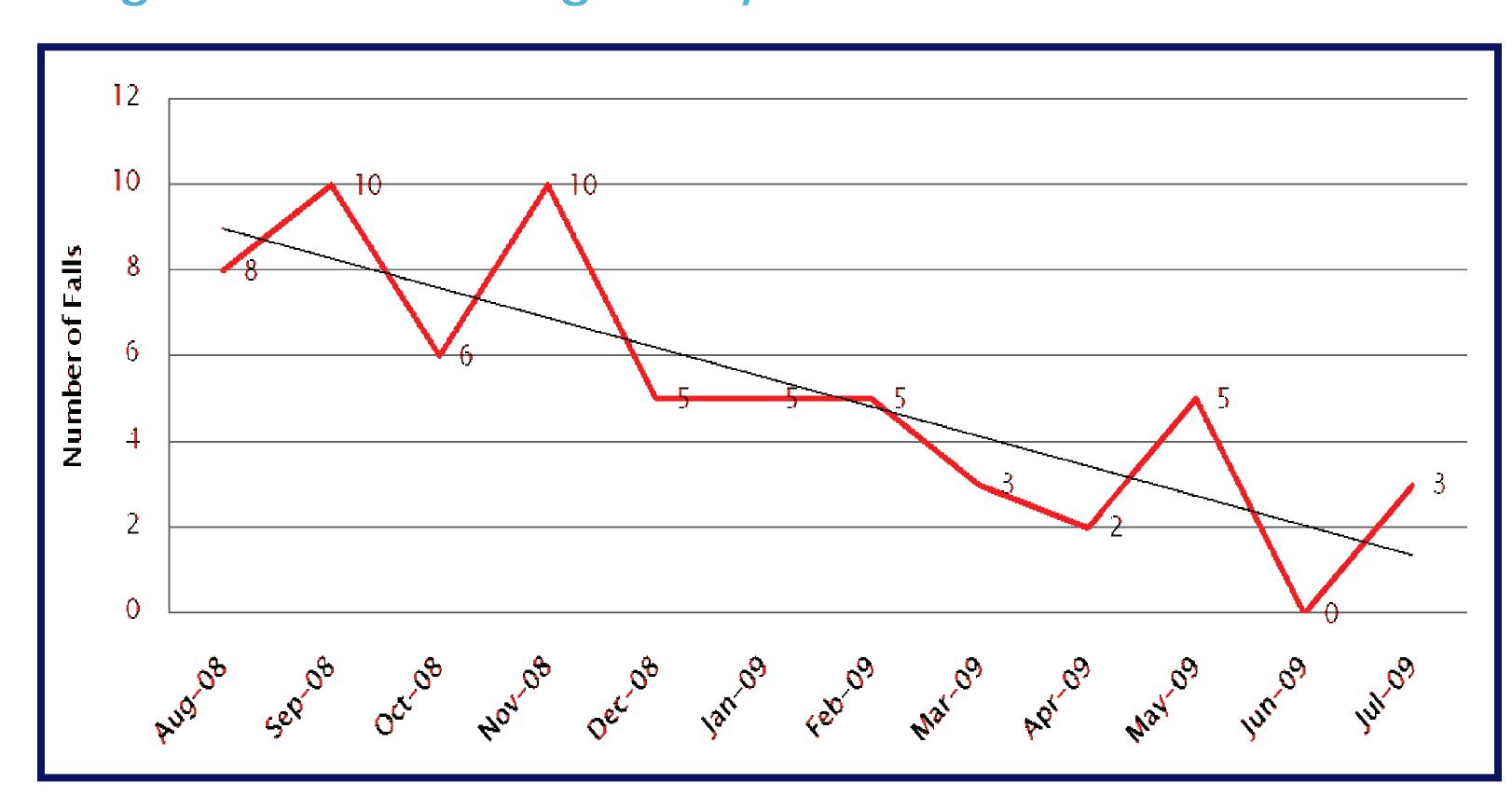
- Physical Therapy Approval
- Able to ambulate 100 feet with assistive device
- Must be CGA or SBA

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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