Emerging Trends in Preventing Falls "Code Fall"

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Population

- 30% of people over the age of 65 fall each year. 50% of people over the age of 80 fall each year.

- In 2008, Hackensack University Medical Center (HUMC) admitted a total of 49,981 patients. 32,568 were adult M/S admissions.

Facts

- Approximately 42% of admissions to HUMC are traditional Medicare and another 4% at HUMC are managed care Medicare.

- The health care budget of the USA is 2.5 trillion dollars ($2,500,000,000,000!) of which Medicare and Medicaid will account for some 50% in about three years!

Challenges

- CMS ruling that fall related injury will no longer be reimbursed.

- CMS states that falls "should not occur after admission to the hospital."

- No evidenced-based guidelines at this time for fall prevention

Fall Reduction Strategies

- Code Fall- Fall Huddle
- Fall Bundle
- Fall Champions
- Hendrich 2 fall model
- Video monitoring system
- Posey Alarms
- HELP program

Code Fall Huddle

- Paradigm shift for staff to perceive and react to a fall occurrence as an emergency equivalent to a code blue.
  - increase staff awareness
  - increase collaboration
  - increase accountability
- This tool requires the staff to brainstorm contributory factors leading to the fall

Contributory Factors to Falls

- Balance and gait
- Strength
- Cognition –delirium prevention
- Postural hypotension
- Vision/Hearing
- Environmental factors
- Four or more medications

Code Fall Huddle Tool

Video Monitor

Video Monitor
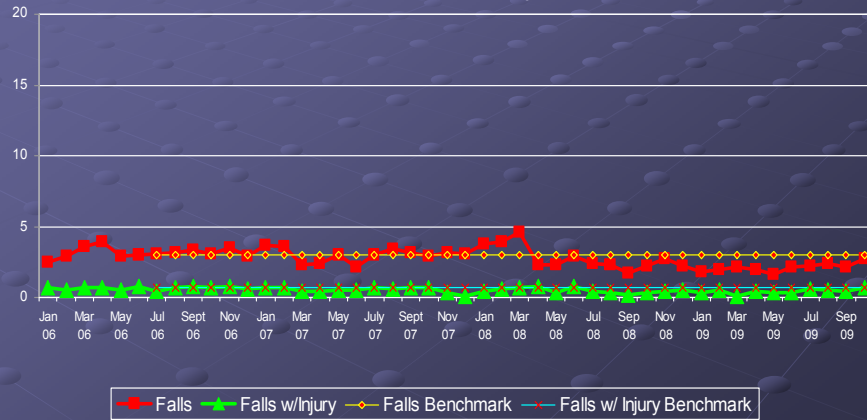
Video Monitoring

- Nurse driven protocol - No MD order required
- Criteria include a Hendrick II Falls Risk score of 5 or greater, history of falls, or nursing judgment.
- Consent is obtained
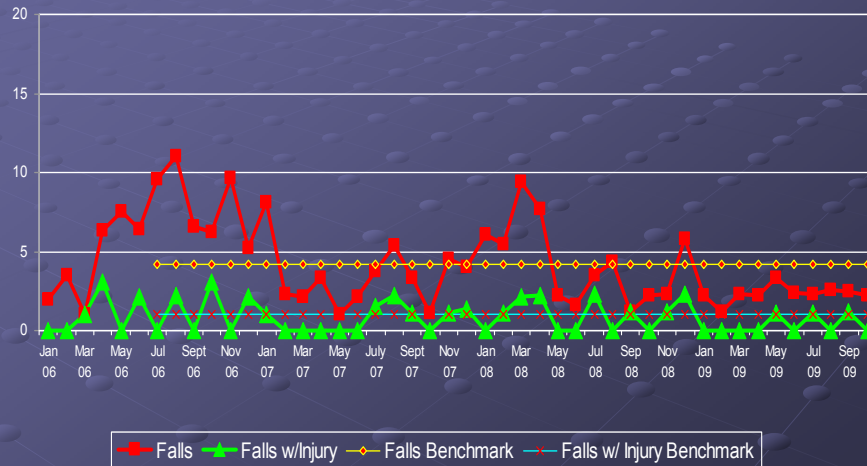- Activity log and report is provided by video staff to document continued need.

HELP

- Hospitalized Elder Life Program
- Volunteer driven program that implement interventions to Prevents and treats delirium (acute confusion) and functional decline in older patients
- Decreases the risk of falls
- Improves the overall hospital experience
- Decreases the number of iatrogenic complications

Hackensack University Medical Center
Department of Patient Care
Total Falls / Falls with Injury
per 1,000 Patient Days - NDNQI

2006-2009 4 St. John Falls Data

Teamwork !

Thank you

Questions?