# Fall Reduction Strategies:

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## KEYS TO SUCCESS

### DEFINE EXPECTATIONS

- Uniform definition of a fall utilized by all staff
- All falls must be reported
- Assure that level of injury from a fall is determined at least 24 hours post fall

### ESTABLISH CLEAR LINKAGE

**Linked to SHS Nursing Mission Statement**

*"Provide evidence-based, quality care that makes a difference in people's lives"*

### INSTILL HOPE

**Frontline staff need to:**

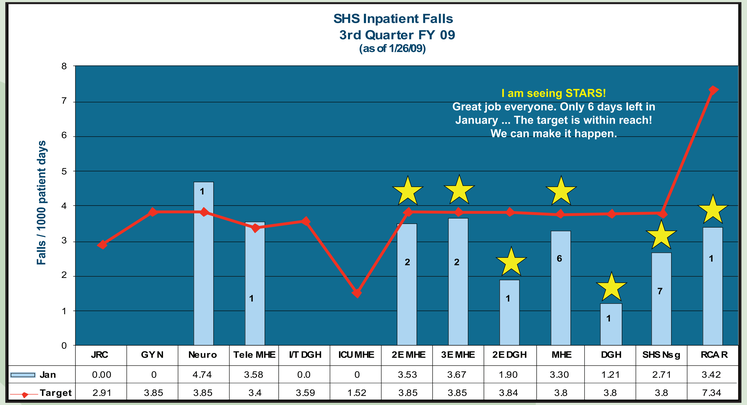
- Believe they can make improvements
- Know their leaders believe in their ability to prevent falls
- Identify resources needed to keep patients safe

**Nursing Leaders need to:**

- Assure frontline staff that they believe in their ability to prevent falls
- Remove barriers
- Secure resources
- Provide timely information
- Listen

### PROVIDE TIMELY INFORMATION

- Fall rates were provided on quarterly basis. Data was too old to be helpful in effecting change.
- Providing real time unit level data created a heightened awareness




| | JRC | GYN | Neuro | Tele MHE | I/T DGH | ICU MHE | 2E MHE | 3E MHE | 2E DGH | MHE | DGH | SHS Nsg | RCAR |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Jan | 0.00 | 0 | 4.74 | 3.58 | 0.0 | 0 | 3.53 | 3.67 | 1.90 | 3.30 | 1.21 | 2.71 | 3.42 |
| Target | 2.91 | 3.85 | 3.85 | 3.4 | 3.59 | 1.52 | 3.85 | 3.85 | 3.84 | 3.8 | 3.8 | 3.8 | 7.34 |

### LISTEN TO EMPLOYEE IDEAS/CONCERNS

**Fall Monitors**

— Current monitors were not effective:
- Patients could easily remove them
- Had multiple pieces that were easily lost
- When alarm activated, could not identify room

**Sitters**

— More cost effective strategy than CNAs
— Particularly needed for impulsive patients

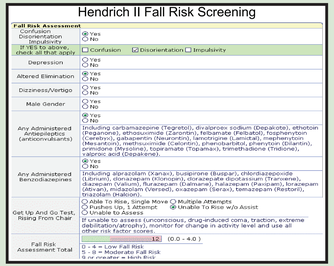
### PROGRESS & KNOWLEDGE FROM OTHER SOURCES

- Remove Ambien from physician order sets
- Serial neuro assessments for falls with suspected head injuries
- Stratification of fall risk levels
- Additional pediatric fall risk scales
- Multidisciplinary rounds

### LEVERAGING TECHNOLOGY

**Fall Risk Status Board**

| Room-Bed | Estimated ... | Flagged for.. | Fall Score: ... | Pain Status |
|---|---|---|---|---|
| Patient Name | Acct Num | Type of Iso.. | Fall Level: ... | Have you s... |
| Age-Sex | Diagnosis | Code Status | Date of Fall | Smoking C... |
| E449-1 | 05/06/2010 | SOM | 11 | PAIN PRESENT |
| RNTEST,JOANN | E0000001787 | Contact | High Fall Risk | Y |
| 66/F | Severe Sepsi | DNAR2 | 05/03/2010 | Offered/Provi... |




### SECURE RESOURCES

- Purchased Fall monitors compatible with needs of patients and selected by direct care nurses
- Encouraged use of high/low specialty beds that allow for safer, easier exit and entry, reducing the risk of falls and to reduce injury from fall

### OUTCOME