

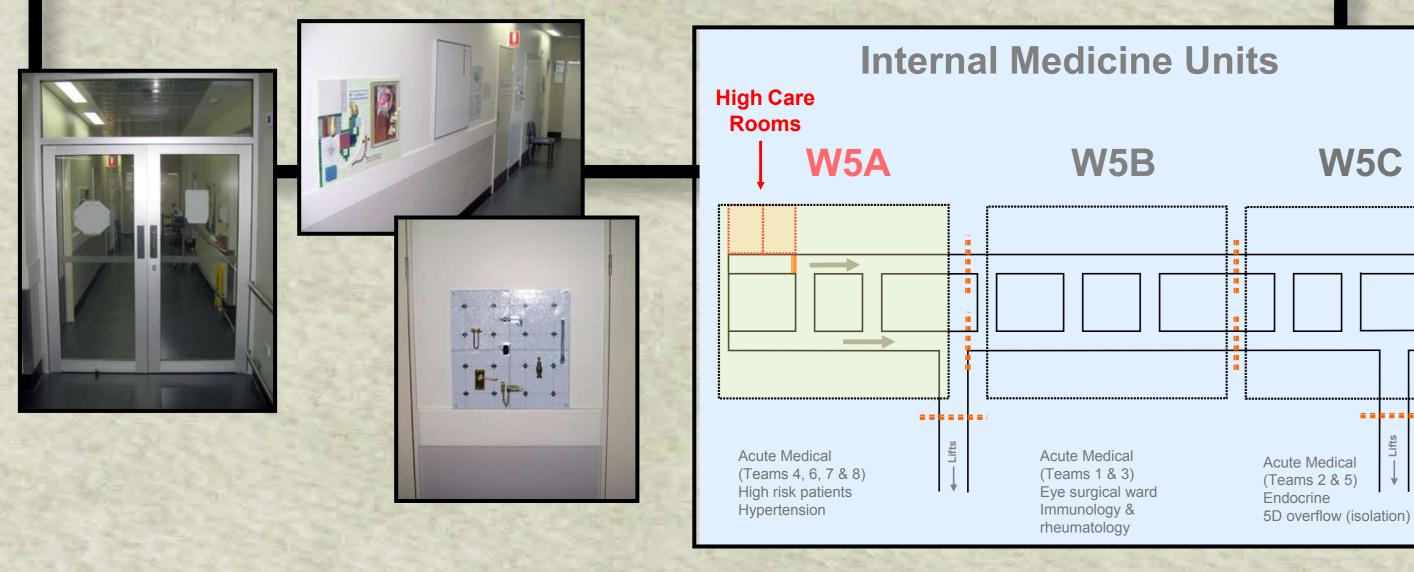
REDUCING FALLS IN HOSPITALISED COGNITIVELY IMPAIRED PERSONS Frederick Graham, Clinical Nurse Consultant (CNC) Dementia & Delirium

PROBLEM

- The Princess Alexandra Hospitals Internal Medicine Units found that 70% of falls occurred in patients with a cognitive impairment
- Falls were still occurring despite traditional strategies to reduce risk involving allocation of 1:1 nursing care • A negative reputation, affecting recruitment and retention due to increased falls & aggressive events associated with caring for cognitively impaired patients

ENVIRONMENT

- Installation of double glazed glass doors to offer a quieter more controlled environment
- Geographically located to a least busy area with fewest exits
- Location in medical unit to facilitate timely access to treating team



DISTRACTION DEVICES

- IVC Decoy
- IDC Decoy
- Fiddle Blanket



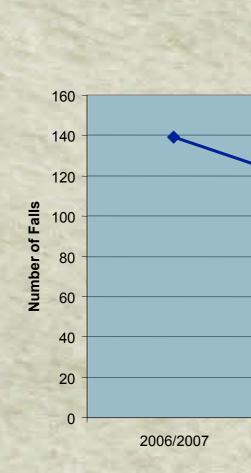


TRAINING

- unlicensed clinicians
- workstations
- specific organisational unit

CONCLUSION

The introduction of the high care strategy has reduced falls, improved patient focussed care, improved staff retention and provided a cost effective model of care. This strategy provides a solution to acute care facilitates that are constantly challenged to provide safe, quality care for cognitively impaired persons. It is cost effective, requiring minimal environmental and organisational change and could therefore be easily replicated by other facilities.



PATIENT FLOW

- Development of admission & discharge criteria
- Relocation of patients normally requiring 1:1 nursing care to the
- high care environment
- Streamlined referral & assessment processes

HIGH CARE STRATEGY New Model of Care

Cognitively Impaired Persons with High Risk Behaviours

• Specialised training in dementia & delirium care for licensed &

Education program delivered utilising ward-based computer

• Focussed, sustainable education required for fewer staff (40 rather then 120) due to location of high care area within a



Reduced Falls					
Pre Strategy		Post Strategy			
	30% ו	reduced			
		•			
2007/2008 Yea	2008/2009	2009/2010			

OUTCOMES

- Reduced falls by 30% (p>0.001)
- Increased staff retention (wards now at full FTE) to that of *success*).
- Reduced workforce costs due to reduced external & internal casual staff use, attributed to: • A 62.7% (p>0.001) reduction in 1:1 special use

 - Less staff leave & vacancy due to improved workplace culture
- Creation of a permanent CNC role for the whole hospital

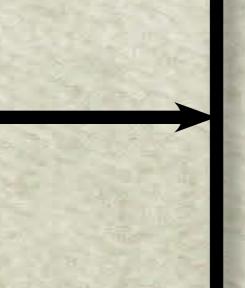
Princess Alexandra Hospital, Brisbane, Australia

STRATEGY

- o Provide expert advice & care planning
- transferrable education packages



- Constant supervision • Person Centred Care



SPECIALISED ASSESSMENT



RECREATIONAL ACTIVITIES

- Themed fiddle boxes
- Activities relevant to past occupations
- Reminiscence activities
- Sorting activities



• Improved staff morale, measured by successive workplace culture surveys (from reactionary culture • Improved quality of care due to reduction in transient & casual workforce¹

Reduced External & Internal Casual FTE





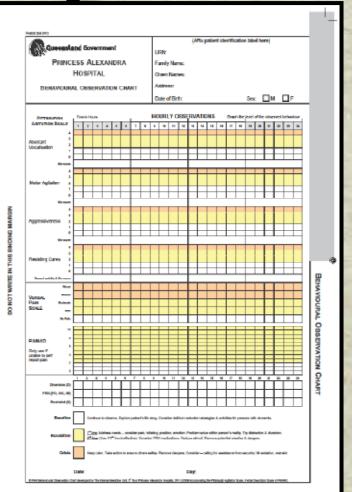
Development of a high care environment & interventions with the aim to reduce patient agitation via: • Relocation of high risk patients to a tailored environment situated within the treating unit • Provision of specialised care within a quiet controlled environment equipped with specialised resources • Trial introduction of a specialist nursing role, CNC Dementia & Delirium to:

o Develop organisation wide evidence-based assessment tools, policy/procedural guidelines and sustainable,

Increased staffing 1:2 ratio (8 beds: 4 staff)

Development of Behavioural Observation Chart, a tool that incorporates the Pittsburgh Agitation Scale & specialised pain assessment scales (including PAINAD)

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з	Distriction	e 🛛 Mot		novements. Brailey intrusive or distigitive eart to redirect in wineau	rmyceus lumonae property		meeting away to avoid task	
4	Extremely to C Screenin C Highly di C Unble to	ing or yeiling Code Iaruptive Natio		novements: wrwły intrusive or charuptive redirectatie	Physical lowards settor others		Striking out at caragiver	
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	Post Strategy
	External
•	Internal
2008/2009	2009/2010

REFERENCE

1. Duffield, C., Roche, M., O'Brien-Pallas, L., Aisbett, C., King, M., Aisbett, K. & Hall, J., (2007) Glueing it Together: Nurses, Their Work Environment and Patient Safety. University of Technology Sydney, sponsored by New South Wales Department of Health, Australia.

Project sponsored by the Division of Medicine PAH

Poster produced by Multi Media Unit, Princess Alexandra Hospital