The Stakes are High:
Reduce the Chance of Falls with these Winning Interventions
Jen Richards, PhD, RN and Linda Reuber, MSN, RN

The National Problem
• 1 in 3 adults 65 years old and older experience a fall each year
• Hip fractures, primarily the result of falls, account for over 300,000 hospitalizations each year with direct care costs of $18 billion annually
• 20 percent of people who suffer a hip fracture will need nursing home care within a year, and 20 percent will die within a year of suffering the fracture
• 50% of those who survive a hip fracture never regain full mobility, nor their former quality of life

Reference

Our Internal Problem
• Lack of focused approach involving all levels of nursing and the interdisciplinary team

Goals
• Reduce the overall incidence of patient falls
• Reduce the incidence of falls with moderate and major injury as defined by NDNQI

Interventions
• Weekly fall meetings, initially involving nursing leadership and unit-based fall team representatives from all inpatient nursing units and the Emergency Department
• Cancer Nursing Unit "FALL SIGNAGE" pilot
• Implementation of Fall Signs house-wide
• Mandatory attendance at weekly fall meetings by direct care RNs, LPNs, CNAs, and interdisciplinary team members involved in a patient fall during the previous week
• Staff-led fall audits for compliance with interventions and “in the moment” corrections

The Red Sign The Yellow Sign The Mobility Signs

Patient has ALREADY fallen at home or in the hospital

Patient needs assistance of TWO healthcare providers for mobilization and is at HIGH RISK for fall-related injury

Our Progress