Evidence & Practice: A Fall Reduction Program Using Implementation Science

OBJECTIVE
To develop fall reduction initiatives using Implementation Science (IS)

BACKGROUND
LITERATURE REVIEW KEY FINDINGS
• Patients with a cancer diagnosis are at high risk for falls and injury (Gibbs, 2010). • Patients with a cancer diagnosis have compounding risk factors, e.g. psychotropic medications, polypharmacy, anemia, fatigue, multiple lines, high fluid volumes (Gibbs, 2010).
• Multifactorial targeted interventions are effective fall reduction approaches (Stern & Jayasekara, 2009).
• IS provides an application framework for multifactorial interventions, i.e. determinants addressing knowledge, cognition, attitudes, routines, social influence, organization, and resources (Achterberg, Schoonhoven, & Grol, 2008).

IMPLEMENTATION SCIENCE DETERMINANTS

PROBLEM
Oncology unit fall rates (2010) were higher than National Database of Nursing Quality Indicators (NDNQI) mean Magnet Facility benchmarks despite standard fall reduction initiatives

PURPOSE
To decrease fall rates below benchmark

INTERVENTIONS
The Oncology Unit Based Council Developed An Action Plan Using IS
• Fall risk score added to census board (IS Determinants: Knowledge, Cognition, Attitudes, and Routines).

EVALUATION
• Fall rate 3rd quarter 2012 showed an 89% decrease compared with 1st quarter 2010.
• Fall rate initially > 90th percentile NDNQI Magnet Facility benchmark, improved to < 10th percentile NDNQI Magnet Facility benchmark.

DISCUSSION
• Audit and feedback reinforce behavior (IS Determinants: Attitudes, Routines, and Social Influence).
• IS based interventions are cost-effective.
• IS Determinants improve nurse-sensitive outcomes.

1st Quarter 2010 - 3rd Quarter 2012 FALL RATE ONCOLOGY UNIT

<table>
<thead>
<tr>
<th>Quarter</th>
<th>Falls per 1,000 Patient Days</th>
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<tbody>
<tr>
<td>1st QTR 2010</td>
<td>10</td>
</tr>
<tr>
<td>2nd QTR 2010</td>
<td>9</td>
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<tr>
<td>3rd QTR 2010</td>
<td>8</td>
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<tr>
<td>1st QTR 2011</td>
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<tr>
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<tr>
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<td>3</td>
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<td>3rd QTR 2012</td>
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1st Quarter 2010 – 3rd Quarter 2012 Fall Rate

Patricia Kelly, DNP, APRN, CNS, AOCN
Joyce Lee, MSN, RN, OCN
Adrienne Nitsos, MBA, MA, RN
Oncology Unit Nurses, Jackson 2 East