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Indiana University Health	
The Health Hard	
The Unthinkable: Using Risk Resilience to Eliminate Newborn Falls	
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Objectives	
Describe how risk resilience is used to analyze newborn fall events	
Discuss prevention strategies for newborn falls	
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Disclosure	
I have no conflict of interest	

## Patient Population and Hospital



- Mother-Baby Unit caring for stable postpartum mothers and healthy newborn infants
- Indiana University Health Methodist Hospital in Indianapolis, Indiana
  - Delivers 3,000 infants annually
  - Urban Level One Trauma Center
  - Culturally diverse patient population
  - Baby-Friendly Hospital Designation

### **Unit Environment**



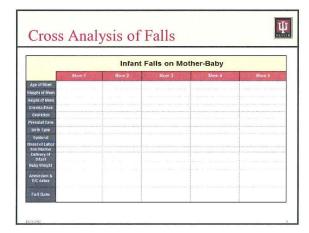
- 26-bed unit
- Newborn nursery with rooming-in emphasis
- RN staffing ratio
  - 1:3 couplets 16 out of 24 hours per day
  - 1:4 couplets 8 out of 24 hours per day

Event Analyzed based on Outcome



- Incident rate is low due to lack of national reporting
- Oregon Patient Safety Committee demonstrated 1 fall per 2,500 births in a retrospective review
- Intermountain Healthcare System demonstrated 14 falls per 88,000 births
- · IU Health Methodist Hospital demonstrated
  - 5 incidents within a 6-month timeframe
  - 5 falls per 1,481 births
  - Average of 62 days between events

A	nalysis of Event		<b>Ф</b>
•	Leadership initiated a tac examine the failures in in	THE RESERVE THE DESCRIPTION OF THE PROPERTY OF	
•	Reviewed variables of the patterns - Age of mom	e 5 events to identify  - Baby weight	
	- Weight and height of mom	- Date and time of infant fall	
	<ul> <li>Maternal gravida/para</li> <li>Gestation and amount of prenatal care</li> </ul>	- Birth type - Epidural use	
	- Onset of labor and delivery time	- Maternal home medications	
	- Maternal medical history including smok	ing and/or drug use	
	- Recent medication administration include	ling narcotics	
	<ul> <li>Breast or bottle fed infant</li> </ul>		
	- Maternal lab values of hemoglobin and h	nematocrit	



Review of the Literature and Summary of Case Findings		
Risk Factors from Literature	Findings based on Risk Factors	
<ul> <li>2-3<sup>rd</sup> post delivery night between 12 am and 9 am</li> </ul>	• 100%	
	• 100% SVD	
Cesarean section	<ul> <li>40% received opiods</li> </ul>	
	<ul><li>Average age 23 (min 15; max 27</li><li>80% breast fed</li></ul>	
<ul> <li>Received opioids</li> </ul>		
<ul> <li>18-28 years old</li> </ul>		
<ul> <li>Breast feeding</li> </ul>		

# **Hidden Assumptions**

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- · Co-bedding
- · Baby-Friendly status not a factor
- · Maternal fatigue a huge indication in the pattern of infant falls
  - Did not assume patient was able to realize or recognize their own fatigue
- Average BMI 35 (morbid obesity >30). Min 32 and max 43

### Pre-designed Defenses



- Patient education 
   Indiana University Health "sleep safety"
- Bedside signage communicating the risks of falling asleep while holding a newborn



You may be at risk for falling asleep when holding your baby. This may lead to your baby falling from your arms.

Please place your baby in the crib anytime you feel tired or call us and we will help.

Strong or weak defense?

## Pre-designed Defense



- · Mother's nap time
  - Afternoon and/or night nap time
  - Verbal contract with patient for time to sleep with no interruptions
  - Privacy sign placed on door to patient room
  - Baby rooms-in with mother during nap time

### Mother's Nap Time



Please do not enter room. My mom and I are taking well deserved naps. If you have any questions, please see my mom's nurse.

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# Strengthening the Defense



- Students and RNs taught to recognize signs of fatigue and partner with mother to safely place the baby in crib
- Nap time initiated around the mother's need for sleep, not set intervals
- Shift safety huddles to identify mothers who might be at risk. Team heightened awareness of patients at risk.

11/29/291

# Pre-designed Defense



- Hired 5 student nurses (11 pm-7 am)
  - Mother's helper
  - Student nurses rounded during the night to identify mothers displaying signs of fatigue
    - Deliberate interventions with mothers when they became fatigued
  - Bed checks for infants
  - Sensitivity to mothers who were morbidly obese





Highly Reliable Processes



- 311 days (as of 11/13/2012) without an infant fall
- Instead of "just an event," it is really about the nursing care we give
- Risk of infant falls now woven into culture of the unit
- Mindset: It is not going to happen again



