

Core Initiatives for Fall Prevention



Falls contribute to a patient's functional decline and to increased health care needs. Lasting pain, suffering and limited function can result. Falls have a tremendous financial impact. A 2011 study reports the average hospital stay for patients who fall is 12.3 days longer and injuries from falls lead to a 61% increase in patient care costs.¹

¹Best Practices for Falls Reduction: A Practical Guide. Special Report. www.AmericanNurseToday, March 2011

Purpose:

To identify successful core solutions to prevent patient falls at Stormont-Vail HealthCare. Our presentation will highlight our journey of piloting innovative initiatives for fall prevention.

Initiatives:

Leadership:

- Quarterly Administrative Quality and Patient Safety Presentations Results Reported to Stormont-Vail HealthCare Board
- Hospital-Wide Performance Improvement Committee Presentations
- Leadership Patient Safety Rounds

Interventions:

- Hourly Rounding
- Immediate Post Fall Huddle
- New Bed /Chair Alarms
- New Gait Transfer Belts
- "Call Don't Fall" Safety Volunteer Program
- Re-admission Alerts to Department of Prior Patient Fall Incidents

Data:

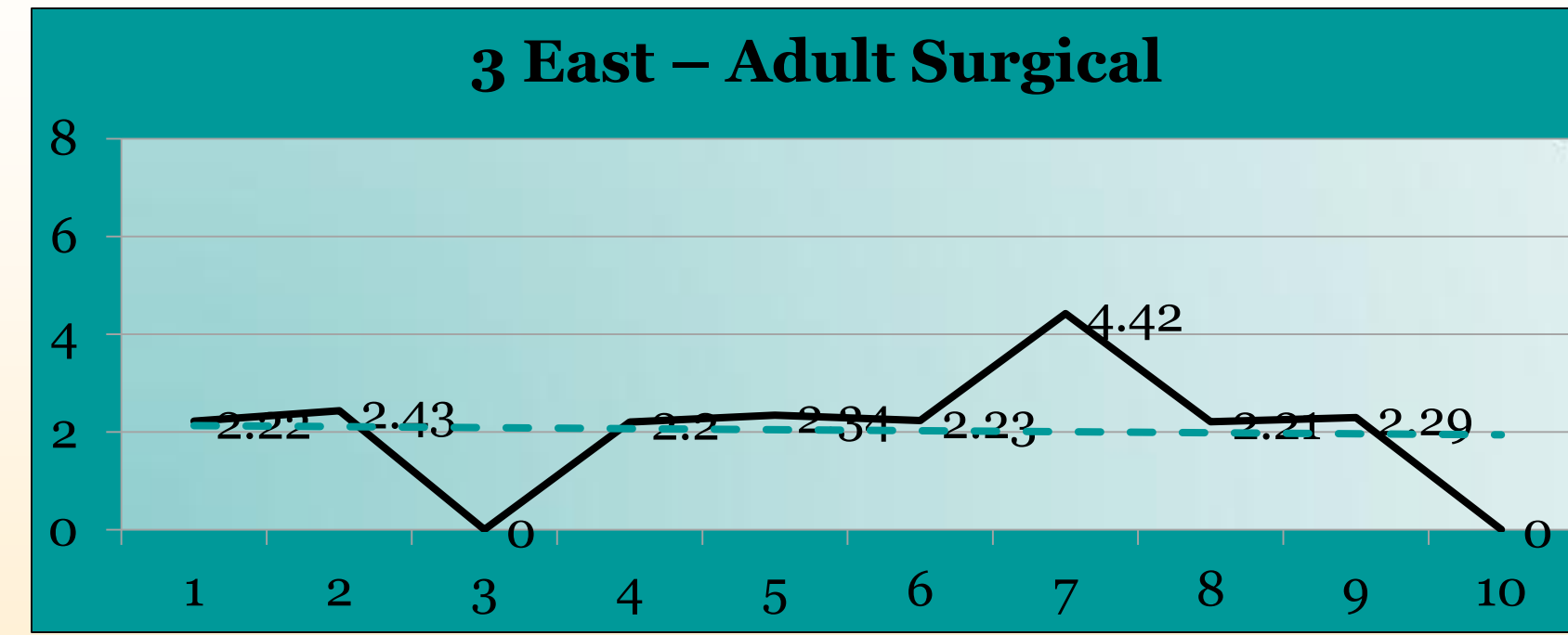
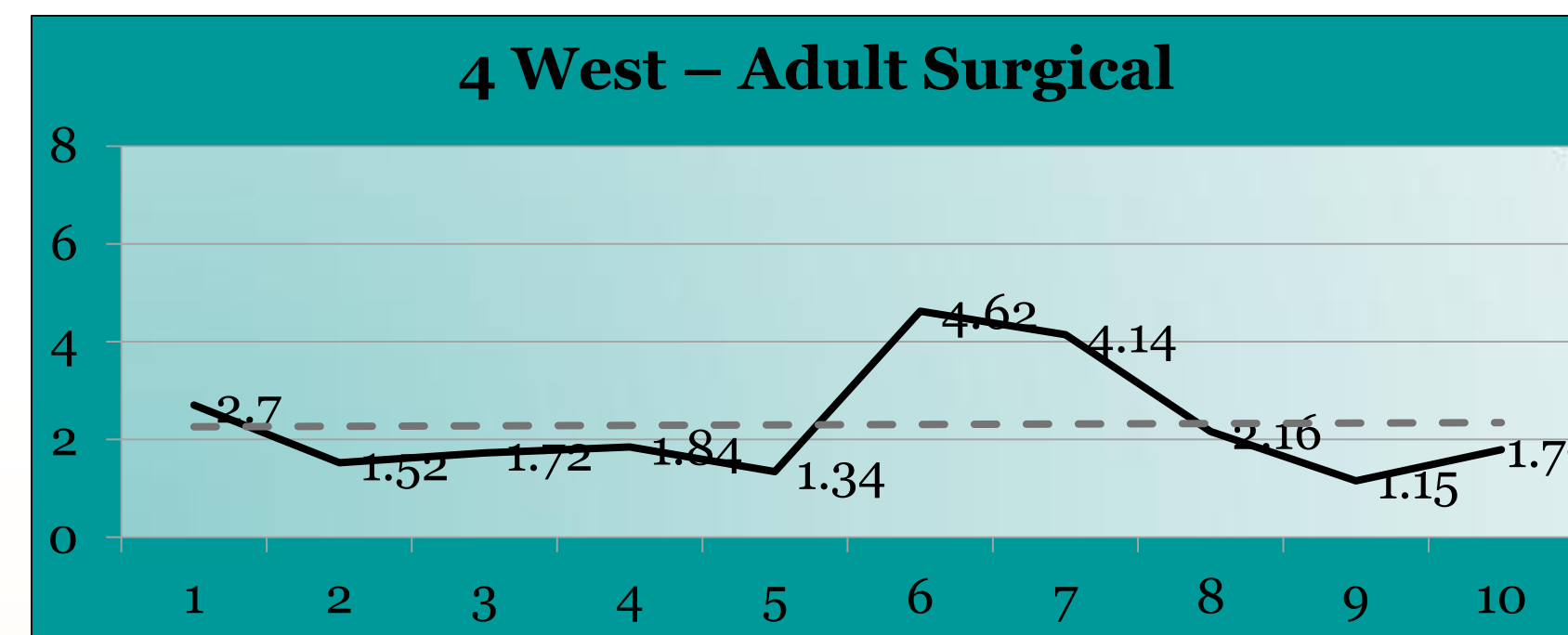
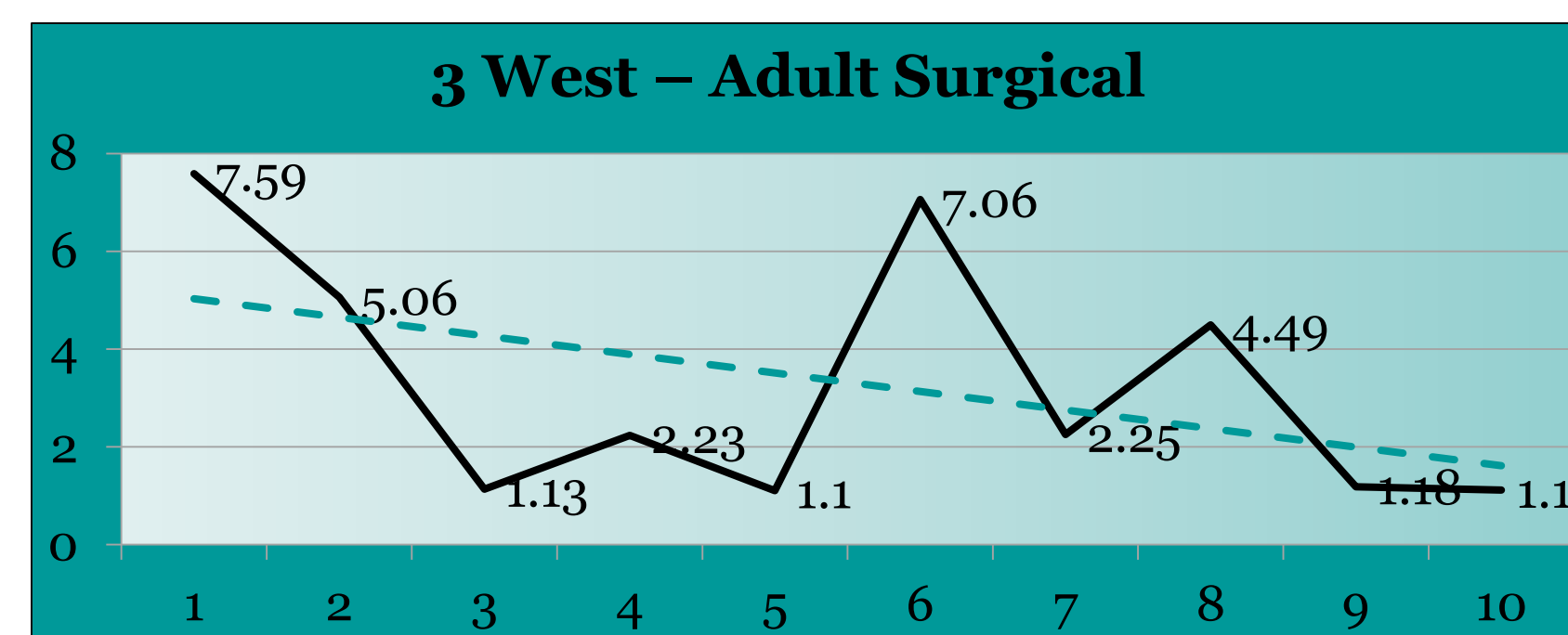
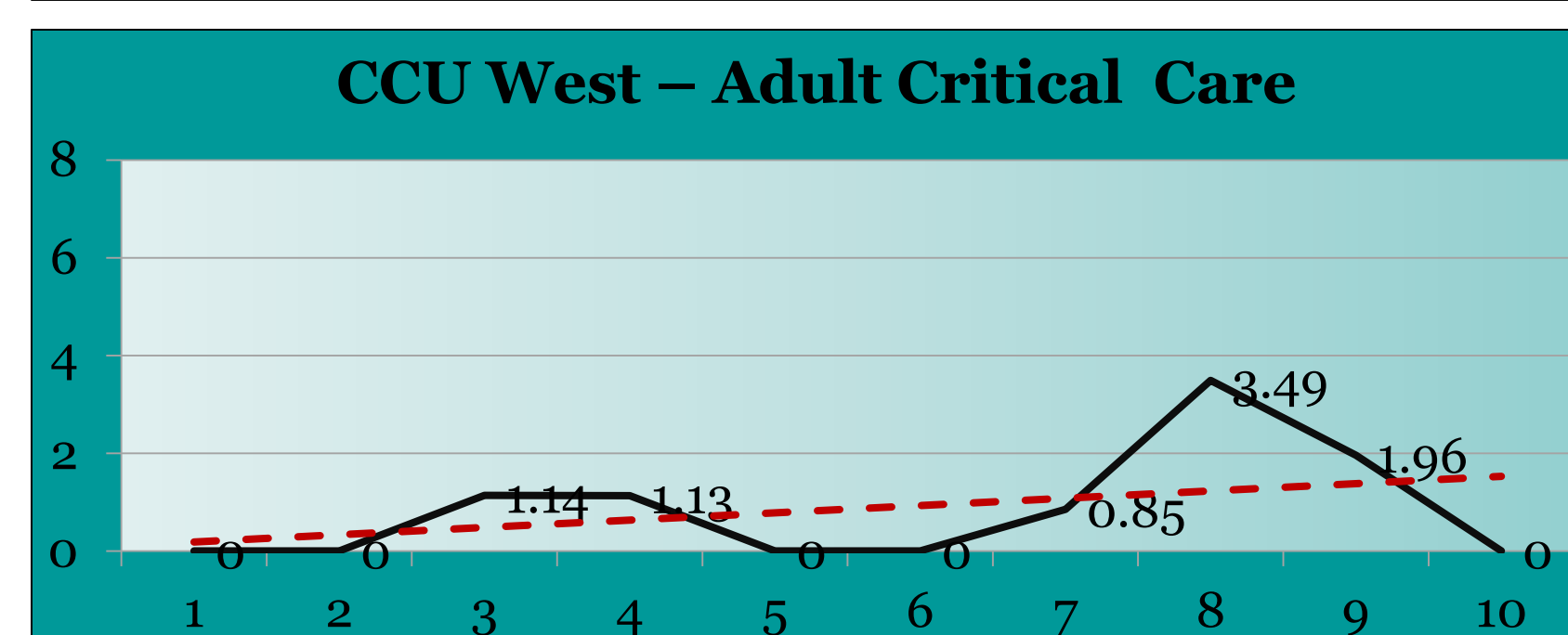
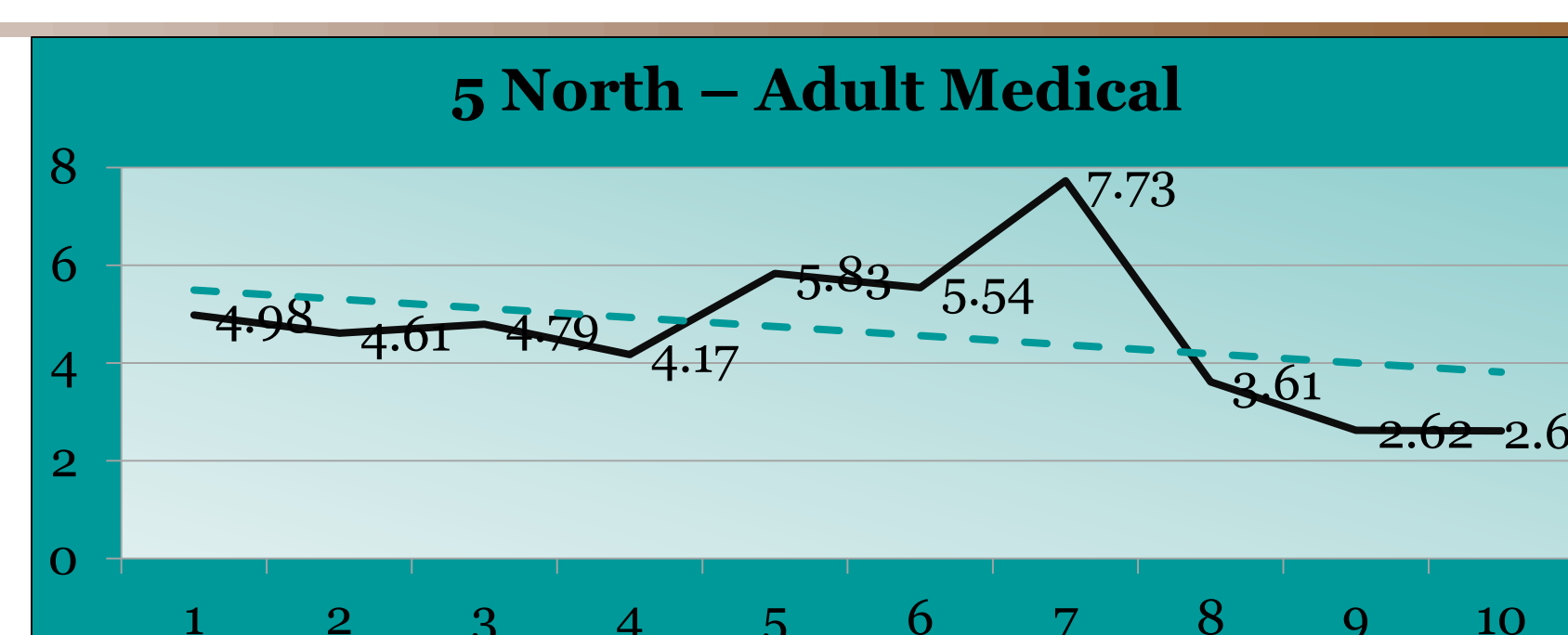
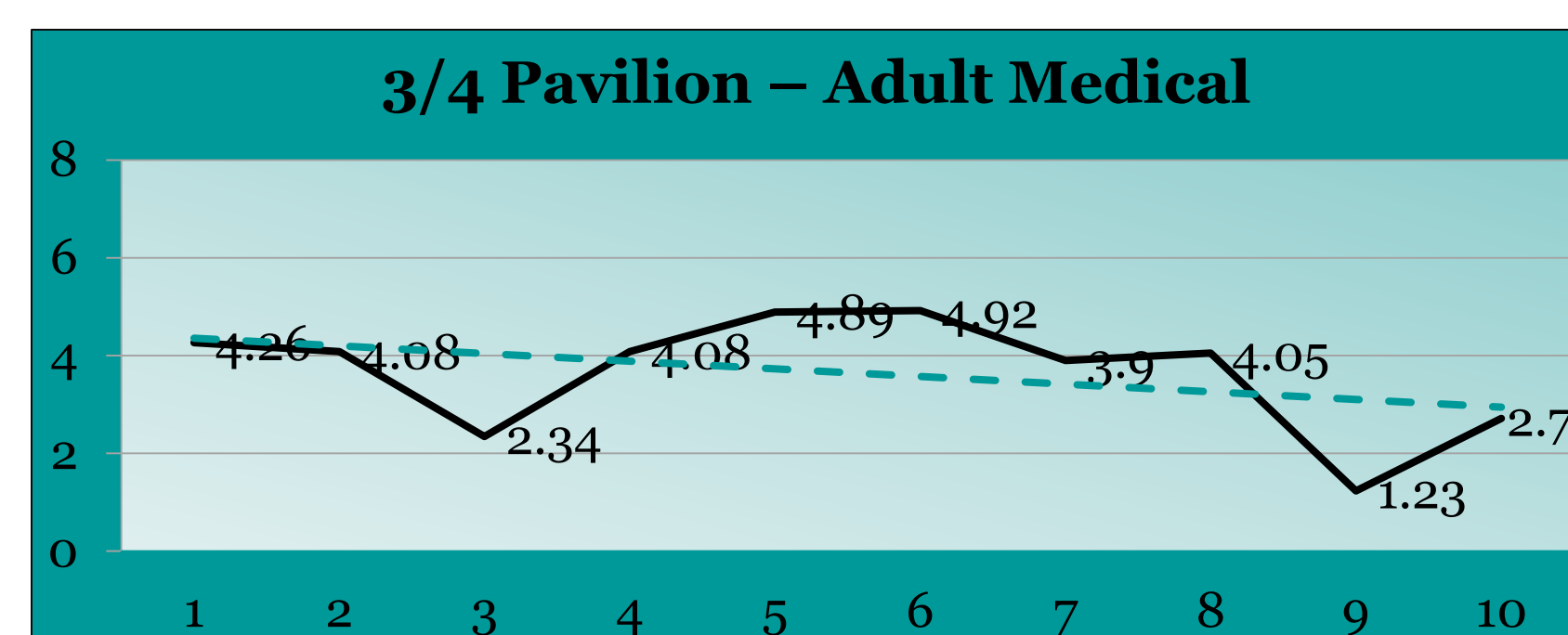
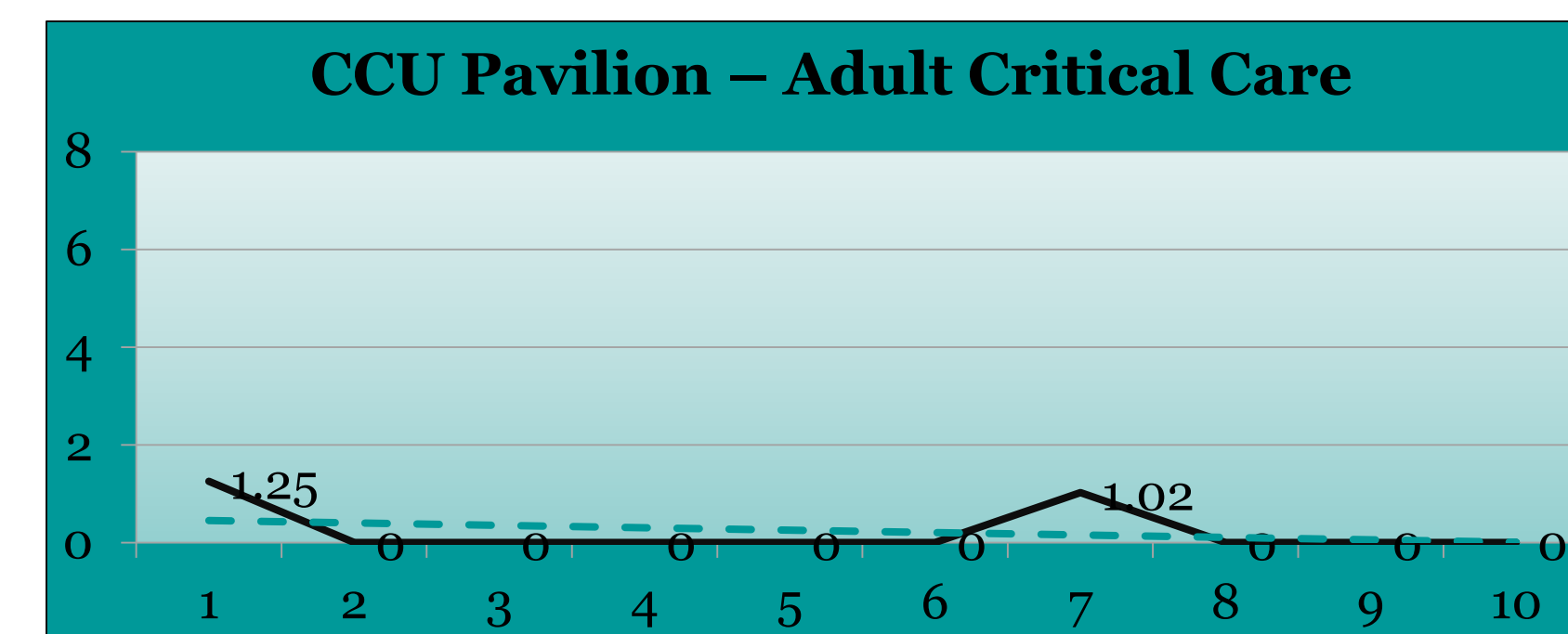
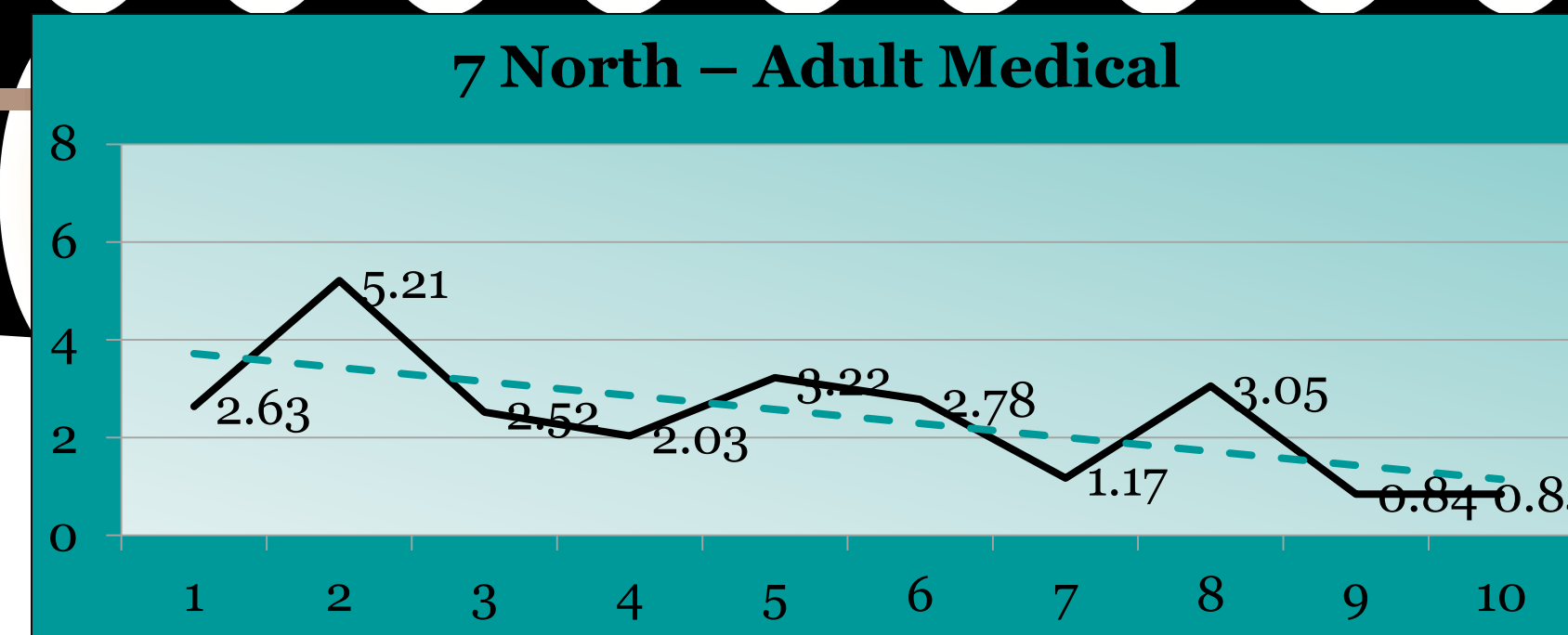
- National Database of Nursing Quality Indicators (NDNQI®) Data Results Comparisons
- Peminc (Incident Fall Reports)
- Department Monthly and Quarterly Fall Demographic Information

Education:

- Top 10 Ways to Prevent Patient Falls (flyer)
- NDNQI® Fall Reliability Study
- For Your Health Be Safe. Call. Don't Fall
- Sensor Bed/Chair Pad Posey Alarm Education
- Hospital Newsletter Articles

Community:

- Fall Prevention Awareness Day
- Channel 13 News "To Your Health" discussing Fall Prevention
- Community HealthWise 55 Fall Prevention Presentations



FALLS PER 1,000 PATIENT DAYS
10 QUARTERS OF DATA BEGINNING QTR2 2010
NDNQI® Magnet Facility Comparisons

Lessons Learned:

- Leadership education and involvement is crucial for implementing fall prevention initiatives.
- Evaluating and trending NDNQI comparative data is vital for determining the effectiveness of initiatives and developing educational needs.
- An immediate post fall huddle creates a debriefing process about the details of the fall, and collects vital information for preventing future falls. It also emphasizes to staff the importance of preventing falls at our facility.
- Creating a safe environment for patients is the responsibility of all employees in an organization.

Future Goals:

- Continue to evaluate and trend NDNQI® comparative data and utilize it for education to all hospital staff.
- Expand fall prevention initiatives to Ambulatory Care Services.
- Implement further action plans to decrease falls in departments.
- Expand hourly rounding to include all hospital departments.
- Study long-term effectiveness of Volunteer Program.
- Assess effectiveness of Readmission Alerts

Diana Brosa, RN, BSN, MHCL, Chair, Fall Prevention
Judy Burghart, BS, NDNQI® Site Coordinator
Dawn Dudley, RN, PI Manager



Stormont-Vail Regional Health Center, located in Topeka, Kansas, is a 586-bed acute care center that provides inpatient, outpatient and a variety of community outreach services. Stormont-Vail HealthCare is an integrated health care system serving a 13-county area in northeast Kansas.