Purpose

The purpose of this evidence-based practice (EBP) project was to reduce falls and falls with injury on an acute neuroscience inpatient unit. A Stop! Collaborate and Listen; Fall Prevention Deserves Your Attention campaign was used to re-infuse existing fall prevention strategies and to implement new fall prevention interventions.

Challenges with Neuroscience Patients

- Fall risk assessment tools result in the majority of neuroscience patients being at high risk, lessening the value of the assessment
- Gaps in knowledge regarding fall prevention strategies

Synthesis of Evidence

- Between 700,000 and 1,000,000 patients fall annually.1
- The neuroscience patient population has one of the highest fall rates ranging from 8.9-17.1 falls per 1,000 patient days.2
- Average cost of a fall with injury sustained in a healthcare facility is about $14,000.9
- The neuroscience patient population has one of the highest fall rates ranging from 8.9-17.1 falls per 1,000 patient days.3

Refined Interventions

- Retrained on the Fall Risk Assessment Scale and automated audits in the electronic documentation system
- Retrained the institutional Falls Prevention Program, including interventions specific to each risk factor
- Partnered with the biomedical department to enhance usability of equipment
- Retrained on the importance of integrating bed alarm & call light cables
- Increased access to low beds and fall reduction chairs

New Interventions

- Personal alarms for high risk patients when out of bed
- No Pass Zone: All staff answering all calls light all the time
- Proactive rounding
- EBP project evaluating and implementing weighted blankets to provide deep pressure touch

Implementation Strategies

- Phased Implementation of EBP
- Evaluation

Conclusions and Next Steps

- The Stop! Collaborate and Listen: Fall Prevention Deserves Your Attention campaign was an effective method of capturing the attention of busy clinicians and resulted in reduction in falls and falls with injury
- The Iowa Model of EBP provided a useful framework for EBP projects
- Successful practice changes and injury reduction occur when a phased multi-faceted approach to implementation is utilized
- Continued efforts aimed at staff awareness and implementation of fall prevention interventions and injury reduction interventions will be ongoing in collaboration with other EBP projects
- Ongoing work includes: monitoring evidence for a falls risk assessment tool specific to neuroscience patients, video monitoring technology and integrating bed alarm system with RN phones, adding fall injury risk column to nursing assignment sheet, and partnering with vendors to develop a low bed that is self-propelled

References