Preventing Falls: Call for Action

• Transform healthcare for frailty associated with old age.
• Prevent falls identified as an effective strategy.
• BUT, major area for improvement in routine practice.
  • 2003: IOM: Priority areas for national action: transforming health care quality
Meet Ms. Aged

- 85 years of age
- Admitted due to a Rt CVA, embolic
- Presenting Deficits
  - Lt Hemiparesis
  - Lt Hemianopsia
- Med Hx
  - CHF (Lasix 20 mg qd)
  - DMII (LE sensory neuropathy)
  - Osteoporosis (Boniva, Cal/VitD)

Further Assessment

- Urinary Incontinence
- Forgetfulness
- Lacks Safety Awareness

Surg Hx:
- Hip Fracture
- Cataract Surgery

KSA – Novice Nurse – Safe Bed Mobility – Knowledge Level

- Safety Knowledge - Describes factors to consider for bed assignment (left hemiparesis, left visual field loss)
- Safety Knowledge - Describe factors that increase safety (continuity of care, consistency in communication, patient teach-back)
- Safety Skills - Demonstrate effective use of strategies for bed mobility (proper bed height, transfer techniques in and out of bed, proper footwear)
- Safety Attitudes - Verbalizes importance of safe bed mobility in preventing falls to others on handoff
KSA – Expert Nurse – Safe Bed Mobility – Analysis Level

- Safety Knowledge - Distinguishes factors to consider for bed assignment between lt vs rt CVA
- Safety Knowledge - Diagrams factors that increase safety (patient and environmental interaction; continuity of care, consistency in communication, patient teach-back)
- Safety Skills - Separates effective use of strategies for bed mobility for lt vs rt CVA (proper bed height, transfer techniques in and out of bed, proper footwear, techniques to increase pt comprehension)
- Safety Attitudes - Explains importance of safe bed mobility in preventing falls to others on handoff

KSA – Novice Nurse – Toileting– Knowledge Level

- Safety Knowledge - Describes factors to consider for Toileting (left hemiparesis, left visual field loss, fluid intake, toilet access and safety)
- Safety Knowledge - Describe factors that increase safety (continuity of care, consistency in toileting technique, reliable toilet schedule, patient teach-back)
- Safety Skills - Demonstrate effective use of strategies for toileting (proper toilet height, toilet grab bars, transfer techniques bed to toilet, proper clothing and footwear)
- Safety Attitudes - Verbalizes importance of bladder retraining in preventing falls to others on handoff

KSA – Expert Nurse – Toileting– Analysis Level

- Safety Knowledge - Distinguishes factors to consider for toileting between lt vs rt CVA
- Safety Knowledge - Designates a toileting protocol individualized to the patient with factors that increase safety (patient and environmental interaction; continuity of care, consistency in communication, patient teach-back)
- Safety Skills - Dissects effective vs. ineffective use of strategies for bladder retraining rt CVA (bedside commode vs. toilet use, effectiveness of toileting schedule, analysis of continent vs incontinent episodes)
- Safety Attitudes - Explains importance of toilet retraining to safety in preventing falls to others on handoff
Aging Hospital Population: 2010

• 45% of the inpatient hospital population in the US was 65 years of age and older
• among whom 19% were ages 75-84, and
• 9% 85 and older.