

Project: Fall prevention

Team Name: Fall Prevention Team (Barbara Dixon, Denise Tunnell, Jason Lambert, Kelli Hughes, Melissa Fox, Mary Dengler, Sarah Queen)

Project Lead/Fall Coordinator: Barbara Dixon BSN, RN

Project Begin Date: 10/25/17

Full Implementation Date: Anticipated May 2018

Aim Statement: By June 2018 Loving Care Home Health and Hospice will decrease the number of patient falls by at least 25%

Plan: The team agreed upon 6 essential elements in a fall prevention plan:

1. Define fall: For the purposes of this project, a fall is defined as an unintentional change in position resulting in coming to rest on the ground or at a lower level.
2. Risk Assessment: All patients will be assessed for risk of falling.
 - Frequency of assessment: Fall risk assessment should be completed on all patients, at minimum, at the following time points:
 - Admission/Resumption of Care
 - Recertification
 - Discharge
 - Within 24 hours after being notified of a fall
 - Content of assessment:
 - MAHC 10
 - TUG- Performed by RN for all patients who are ambulatory
 - Tinetti balance and gait assessment- Performed by PT
 - Activities-specific Balance Confidence (ABC) scale- Performed by RN or PT
 - Screening for orthostatic hypotension- performed by RN
 - Medication review- performed by RN
3. Fall Prevention Precautions: Patients will be assigned precautions based on assessed risk
 - Low Risk: Universal Fall Precautions
 - High Risk: Universal Fall Precautions + High Risk Fall Precautions
4. After Fall Actions: After fall actions will vary depending on several factors. All falls will be reported in the patient's event log, and a fall report form will be completed.
 - Witnessed/Hospice
 - Witnessed/Home Health
 - Unwitnessed/Hospice
 - Unwitnessed/Home Health
 - Fall in a facility
 - Call to office- patient on floor
5. Staff Education: All staff will be educated about their role pertaining to fall prevention
 - Clinical staff will be skills checked on Risk assessment techniques annually
6. Patient Education: All patients will be educated about fall prevention/safety
 - General fall prevention strategies to all patients
 - Patients identified as high risk for falls will also be educated about self-assessment s/p fall and how to minimize injury in the event of a fall

By accurately and consistently assessing for fall risk, and uniform implementation of fall prevention strategies, Loving Care expects to see patient falls decrease by at least 25%. All staff will be educated by the end of 2017. The above procedures will be implemented immediately, but no later than January 1, 2018. Data will be collected & evaluated throughout 1st quarter of 2018.