Rehabilitation Fall Prevention Strategies

May Schomer
CentraCare Health, schomerma@centracare.com

Kathy Toulouse

Follow this and additional works at: https://digitalcommons.centracare.com/nursing_posters

Part of the Other Nursing Commons

Recommended Citation
Schomer, May and Toulouse, Kathy, "Rehabilitation Fall Prevention Strategies" (2013). Nursing Posters. 23.
https://digitalcommons.centracare.com/nursing_posters/23
Rehabilitation Fall Prevention Strategies
May Schomer BSN, RN-BC, CRRN; Kathy Toulouse, RN, CRRN
St. Cloud Hospital, Inpatient Rehabilitation
St. Cloud, Minnesota

Let's Stop Falls

Goals for Change

- Improve communication among health care workers
- Assisting staff to be aware of how a patient is transfers in a very visible and assessable way
- Alerting staff to the fall prevention measures that have been implemented to reduce the likelihood that patient would fall
- Helping staff to be more aware of ways to prevent falls.
- Reduce the fall rates to equal or less than NDNQI mean on rehab units
- Prevention of injury/harm to patients
- Patient/Family Satisfier
- Alert staff to the need to complete a fall assessment on every patient every 12 hours
- Decrease use of 1:1s by using other fall prevention interventions

Findings in the Literature

- A Rehabilitation Nursing article (Nelson, Harwood, Tracey, & Dunn, 2008) poses a myth about patient handling it is that nurses, doctors and therapists are on the same wave link when it comes to communication.
- Nelson, Harwood, Tracey, & Dunn (2008) refuted this myth by indicating that the lack of communication is a known complaint. Ineffective communication amongst health care providers, therapists and nurses was the number one foreseeable mortality rate indicator.
- According to Hempel, Newberry, Wang, Booth, Shanman, Johnsen, Shier, Saliba, Spector, & Ganz, (2013), some of the usual interventions used for all patients include the completion of a fall risk assessment, education of family and patient and evaluating the fall rates for improvement of areas.
- hempel, Newberry, Wang, Booth, Shanman, Johnsen, Shier, Saliba, Spector, & Ganz (2013), wrote that a fall assessment is used to determine what fall prevention measures the patient should be receiving, such as alert signs on doors, beds, and chart. Keeping staff aware of the interventions that are in place for individual patients to prevent a fall.
- According to the Fall Management Policy, (12/2012), the health care provider will be aware of the problems that place a patient at risk for falls, aware of how often patients are assessed and be aware of the interventions that can increase patient and staff safety.

Results of Implementation of Posters

- There were 34 falls noted from Feb 2012 to August 2012. Let’s Stop Falls poster was implemented September 1, 2012 which showed that the falls where reduced to 20 falls in the next 7 months which was a reduction of 30%.
- In December 2012, the Fall Intervention/Prevention Poster was implemented. Each patient has poster and the interdisciplinary care team (Therapy and Nursing) are responsible every shift to keep the poster up to date and current.


References


May Schomer(schomerma@centracare.com) ~ Kathy Toulouse (toulousek@centracare.com) ~ Phone @ St. Cloud Hospital, Inpatient Rehabilitation Department: (320) 255-5740

CENTREncare CARE System

Falls After Rehab Interventions

- All patients with a high fall risk were educated on fall precautions and signage. Signs are located on doors, beds, patient charts and throughout the unit.

Other Fall Risk: Require These Additional Interventions

- OT: Chair without wheels, walker, cane

High Fall Risk: Require These Additional Interventions

- All patients with a high risk for falls were educated on fall precautions, signage on doors, beds, patient charts and throughout the unit.
- Bed: No Ambulation at this time, wheelchair only

Safety Interventions

- Mechanical Lift: Chair / Bed / Both

- Cane: Chair / Bed / Both

- Walker: Chair / Bed / Both

- Ambulance: Chair / Bed / Both

- OT: Chair without wheels, walker, cane

Other Fall Risk: Require These Additional Interventions

- Other gaiters, leg

- Other support

- OT: Chair without wheels, walker, cane

- Other Fall Risk: Require These Additional Interventions

- All patients with a high fall risk were educated on fall precautions and signage. Signs are located on doors, beds, patient charts and throughout the unit.

High Fall Risk: Require These Additional Interventions

- All patients with a high risk for falls were educated on fall precautions, signage on doors, beds, patient charts and throughout the unit.
- Bed: No Ambulation at this time, wheelchair only

Safety Interventions

- Mechanical Lift: Chair / Bed / Both

- Cane: Chair / Bed / Both

- Walker: Chair / Bed / Both

- Ambulance: Chair / Bed / Both

- OT: Chair without wheels, walker, cane

Other Fall Risk: Require These Additional Interventions

- Other gaiters, leg

- Other support

- OT: Chair without wheels, walker, cane