

Falls and pressure injuries collaborative

Organisation/facility name: Waitemata DHB

Our aim

- Reducing incidence of falls by implementing appropriate interventions in a timely manner

‘Patient harm related to healthcare is a persistent problem that is hard to influence’

Our objectives

The Falls Prevention project was initiated in July 2011 at Waitemata DHB with the following goals identified:

Reduce fall numbers by 25% in 12 months

Reduce repeat faller numbers and serious injuries by 50% through targeted interventions in 12 months

Best practice processes routinely and consistently applied for all patients

Since then:-

7.6% decrease on number of falls

Repeat/multi fallers

21% decrease on last FY figures

Falls with serious harm (SAC 1 & 2) - Goal 50% reduction

Challenges faced

Our patients' falls

- **Who**

- 82 years old on average
- 94% European
- 68% Female
- 44% Live alone
- 58% have fallen before

- **Where:**

- By their beds
- In the toilet / bathroom area

- **Why:**

- Urgent need for toileting
- Call bells answered too slow
- Do not remember to call for assistance
- De-conditioning due to prolonged bed rest
- Equipment too high, nothing to hold on to, walkers / sticks not accessible
- Language barrier

Why falls still occurred on our wards

- Patients being nursed in side rooms (more isolated)
- Ward environment- poor layout of ward
- Patients themselves- frail older adults
- Availability of staff- short staffing

Data demonstrating success or failure

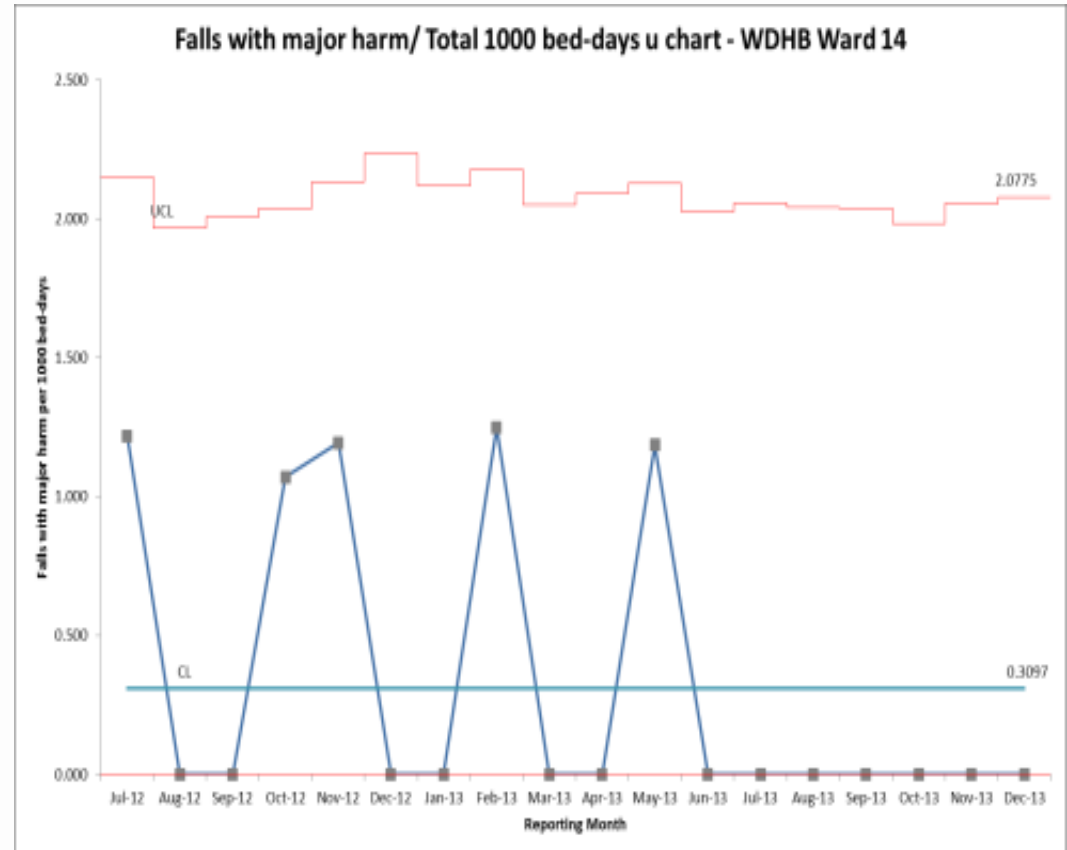
Falls Prevention Audit:-

3 Part Review:

- Risk Assessment
- Prevention Strategies Implemented
- Appropriate Care Plan Documented

Audit Results:-

- 19/3/13 = 94.4%
- 10/3/14 = 96.2%



Lessons learnt

- Interventions need to be individually tailored to the needs of the individual patient
- Early risk assessment helps ensure interventions are implemented promptly
- Huge value in use of non-slip socks

Ideas for sharing

- Assess your patient use MORSE form
- Implement the care plan actions
- Focus on falls at every handover
- Hourly rounding
- Answer call bells promptly
- Share Patient stories
- Celebrate successes!