

# Accreditation: ROP of the Week

October 2019: **Falls Prevention and Injury Reduction**

## How can we prevent falls?

- Team training
- Risk assessments
- Balance & strength training
- Vision care
- Medication reviews
- Physical environment reviews
- Behavioral assessments
- Bed exit alarms



*Falls prevention is a safety priority & can increase quality of life for individuals and reduce cost to the health care system.*

## How do we evaluate the falls prevention approach?

- Tracking the percentage of clients receiving a risk assessment
- Fall rates
- Cause of injury
- Balancing measures (Restraint use)
- Post-fall debriefing

## Universal Fall Precautions:

- **S**afe Environment
- **A**ssist with Mobility
- **F**all Risk Reduction
- **E**ngage Client & Family



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## Procedure

### ➤ Prevention

- Evidence informed universal fall prevention activities

### ➤ Screening & Assessment

- Assessment tools - Identify the patients at risk
- Determine specific individual risk factors and needs
- Patient's fall risk assessment documented in the health record
- Patient & family members informed regarding the patient's fall risk

### ➤ Intervention

- Universal fall prevention strategies implemented
- Review & modify strategy with each fall risk assessment
- Post fall intervention & documentation recorded using a post fall protocol

### ➤ Data Collection and Measurement

- Evidence informed universal fall prevention activities

### ➤ Evaluation

- Patient fall risk mitigation strategies reassessed
- Standardized processes for evaluation
- Patient & family informed of any updates

## Performance Measures

- 100% compliance with measures to evaluate the falls prevention approach
  - **Stanton** – Fall Risk Assessment Tool (FRAT)
- 100% compliance with post falls debriefing
  - Identify safety gaps
  - Prevent recurrence of falls

*The falls prevention policy reinforces NTHSSA commitment to improve patient safety. See policy at ourNTHSSA:*



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