SERRARI

Module 1: Accident Prevention

Strategies for Fall Prevention in Healthcare Settings

Introduction to Fall Prevention

Falls and other injuries in healthcare settings are major concerns, especially among vulnerable populations.

Key Populations:

Elderly,

Those with chronic illnesses,

Patients recovering from surgery.

SERRARI

Risk Assessment Tools

Morse Fall Scale

➢ Evaluates six factors: history of falling, secondary diagnoses, ambulatory aids, IV/Heparin lock, gait, mental status.

Hendrich II Fall Risk Model

➢ Assesses eight risk factors: confusion, depression, altered elimination, dizziness, gender, anti-seizure meds, timed get-up-and-go tests.

Identifying High-Risk Patients

Factors contributing to fall risk:

Age, Medical History, Medication Use.

Older Adults:

Increased risk due to physiological changes (e.g., decreased muscle strength, balance issues).

Medication Review:

Important to check for sedatives, antihypertensives, and balance-affecting medications.

SERRARI

Conducting Regular Risk Assessments

Upon Admission: Initiate preventive measures immediately.

Daily Assessments: Regular reassessments, especially after surgery or medication changes.

Post-incident Evaluations: Immediate reevaluation after falls or near misses.

Environmental Modifications

1. Removing Trip Hazards

Clutter removal, securing rugs, ensuring pathways are free of obstacles.

2. Ensuring Adequate Lighting

Well-lit Areas: Bathrooms, hallways, using night lights and motion-activated lights.

3. Installing Grab Bars and Handrails

Patient Rooms/Bathrooms: Strategic placement for support.

Hallways: Handrails for stability.

4: Ensuring Beds Are at Appropriate Heights

Adjustable Beds: Ensure proper height to reduce fall risk.

Bed Alarms: Alert staff when patients attempt to get out.

SERRARI

Patient Education

1. Using Call Lights

➢ Encouraging Help-Seeking: Reinforce the message that it's safe to call for assistance.

2. Teaching Patients to Wear Appropriate Footwear

➢ Non-slip Shoes: Provide better grip and support.

➢ Avoiding Slippers: Prevent slipping with loose footwear.

3. Providing Information on Safe Mobility Practices

➢ Safe Transfers: Teach patients safe movement techniques.

➢ Strength and Balance Exercises: Enhance strength and reduce fall risk.

SERRARI

Reporting and Analyzing Incidents

1. Incident Reporting

➤ Standardized Protocols: Clear protocols for immediate fall/near-miss reporting.

➤ Confidential & Non-punitive Culture: Encourages accurate data collection.

2. Analyzing Data

➤ Data Review: Regular meetings to identify trends from fall incidents.

➤ Quality Improvement Initiatives: Data guides action plans.

Involving Interdisciplinary Teams

➤ **Collaboration:** Nurses, therapists, pharmacists working together on action plans.

➤ **Feedback Loops:** Continuous refinement of strategies based on patient outcomes.

S SERRARI

SERRARI

CONCLUSION

Implementing comprehensive strategies for fall prevention is essential to ensuring patient safety.

➤ **Key Strategies:** Use validated risk assessments, modify environments, educate patients, and analyze incidents.

➤ **Proactive Care:** Enhances patient safety, improves quality of care, fosters a culture of safety.