Trinitas Regional Medical Center
“Catch a Falling Star”
Fall Prevention Program
Goals of the Fall Prevention Program

- To implement a system for accurate identification of patients at risk for falling
- To establish and implement interventions for prevention and/or reduction of falls
- To promote patient safety
- To increase customer satisfaction
Expected Outcomes

1. Decrease in patient falls

2. Increase in staff knowledge of fall risk identification and fall prevention measures

3. Increase in safety awareness of patient/family
Components of the Fall Prevention Program

- Assessment of patients for fall risk
- Appropriate identification of patients at risk for falling
- “Rounding” on all patients
- Completion of post fall assessment
- Patient/family safety education
- Interdisciplinary care planning
- Restructuring of patient environment
Many Patients Are At Risk For Injury ~

- Risk Factors for Patient Falls May Include:
  - Dizziness
  - Impaired memory or judgment
  - Visual impairment
  - Unstable gait/imbalance
  - Use of certain medications
More Risk Factors for Falling

- Use of assistive devices, such as canes and walkers
- Compromised mobility
- The need for frequent toileting
- History of falling
Environmental Issues

- Room clutter
- Spills
- Electrical cords
- Poor lighting
- Area rugs
- Personal items – such as glasses and tissues are out of reach
All Employees: Be Alert!

- Look for and report any environmental hazards such as water on the floor or burned out light bulbs for immediate repair.
- Never use broken equipment for patient transfer.
- Keep a clear path to the door or bathroom.
- Address patient needs in a timely manner.
- Call a nurse if a patient is trying to get out of bed without assistance.
Take The Appropriate Steps…

• Complete a thorough *Fall Risk* assessment upon admission.
  • Complete additional assessments as the patient’s condition or treatment plan changes.
• Communicate findings with all members of the multidisciplinary health care team.
• Educate patients and their families regarding safety measures using *Safety Hints From Hearts That Care* as a guide.
• Provide a safe patient care environment.

*Remember: All inpatients *and* outpatients of Trinitas Regional Medical Center are assessed for risk of falling
Identification of Patients at Risk For Falls

- Yellow Fall Risk ID Band
- Magnetic Door Sign
- Chart “Star” Label
Educating patients and families can help reduce, or eliminate patient falls.

**Safety Hints From Hearts That Care**

- Use the safety devices built into your bed: the side rails for support, the bed controls and the call bell.
- Wear slippers or shoes that will not slide.
- Let your nurse know if you have trouble with your hearing, vision or balance.
- Let your nurse know if you need help with your bath, walker or other device.
- Let us know if the medications you are taking make you dizzy or unsteady on your feet.
- Keep your belongings within reach. Call for help if you can’t reach something.
- Call for help when you want to get out of bed or to go to the bathroom.
- If something spills on the floor, call us immediately to wipe it up.
- When you get out of bed, take your time. Move slowly as you change positions.
  - Sit up for a few minutes before you stand.
  - Stand up slowly.
  - If you feel weak or dizzy, sit back down.
  - Call for help!
- **IF YOU GET DIZZY OR YOUR LEGS FEEL WEAK: STOP!**
  - SHUT FOR HELP!
  - EASE YOURSELF SLOWLY TO THE FLOOR!
- Families: Please check with the nurse before getting the patient out of bed.

**Spanish**

**CONSEJOS DE SEGURIDAD!!! de corazones cuidadosos**

- Use los dispositivos de seguridad que han sido instalados en su cama.
  - los controles de la cama y el dispositivo de llamada.
- Use zapatos o zapatillas que no resbalen.
- Debe hablar a su enfermera si tiene dificultad con audición, visión o equilibrio.
- Asegúrese de que su enfermera siga correctamente su tratamiento, alivio de algún dolor importante.
- Debe escribir a la enfermera todos los medicamentos que está tomando o debe tomar una medicación nueva.
- Manténgase en comunicado con su enfermera. Si no puede escuchar algo, haga un nuevo llamado.
- Asegúrese de que alguien esté con usted mientras está en su cama o cuando vaya al baño.
- Mueva su cuerpo en el lecho, siempre y cuando esté suavemente y sin ruido.
- Cuando se levanta de la cama, hágalo lentamente. Cuando cambie posiciones rápida.
- Si siente que tiene mareos, acuerde con su enfermera en que no levante y que su enfermera lo ayude.
  - Si siente que tiene mareos, acuerde con su enfermera que lo ayude.
- Si necesita moverse, acuerde con su enfermera que lo ayude.
  - Dígame durante el mismo cuidadosamente.
Be A Trinitas Safety Angel
Help Keep Our Patients Safe

REMEMBER:
PATIENT SAFETY IS A TEAM EFFORT!