Review of Fall Incidents in the Department of Rehabilitation, Kowloon Hospital

YW Kun, KH Ting, A Chau, H Cheung, YC Lau
Objectives

- To assess the related factors of fall
- To enhance the fall prevention program
Data Collection

- The Kowloon Hospital Rehabilitation Building: 8 wards
- January to August 2007
- 100 fall cases
- AIRS
<table>
<thead>
<tr>
<th>Incident Overview [Patient Fall Incident]</th>
<th>(*) Fields must be entered</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hospital *</td>
<td>where the incident occurred</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Reporting Dept. *</th>
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</table>

<table>
<thead>
<tr>
<th>Department(s) involved *</th>
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</table>

<table>
<thead>
<tr>
<th>Personal Particulars (Click the [Click to Download] button to download the patient’s information from CMS/ePR)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Patient Identification</td>
</tr>
<tr>
<td>Patient Type</td>
</tr>
<tr>
<td>HKID No. *</td>
</tr>
<tr>
<td>Chinese Name</td>
</tr>
<tr>
<td>Name *</td>
</tr>
<tr>
<td>Age</td>
</tr>
<tr>
<td>Date of Birth *</td>
</tr>
<tr>
<td>Sex *</td>
</tr>
<tr>
<td>ETS Specialty</td>
</tr>
<tr>
<td>Ward/Unit *</td>
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</tbody>
</table>
Disease Type

- Medical: 74
- O&T: 20
- NS: 6
Gender Distribution

- M = 58
- F = 42
Disease Type in Different Gender

![Bar chart showing disease type distribution by gender.]

- Medical: 29 (M), 45 (F)
- O&T: 11 (M), 9 (F)
- NS: 4 (M), 2 (F)
Age Distribution

Range: 18 - 99
Length of Stay in KH

- Days in KH: 0 - 138 days
- 0 day: 2 cases
- 1 day: 8 cases
- 2 days: 5 cases
Mental Status

- Orientated: 82
- Disorientated: 14
- Restless: 1
- Confused: 3
Time of Occurrence

<table>
<thead>
<tr>
<th>No. of Cases</th>
<th>Time of Fall</th>
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<tbody>
<tr>
<td>1</td>
<td>1901-2000</td>
</tr>
<tr>
<td></td>
<td>2201-2300</td>
</tr>
<tr>
<td>2</td>
<td>0201-0300</td>
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<td>1201-1300</td>
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<td></td>
<td>1801-1900</td>
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<tr>
<td></td>
<td>2101-2200</td>
</tr>
<tr>
<td>3</td>
<td>0001-0100</td>
</tr>
<tr>
<td></td>
<td>0101-0200</td>
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<tr>
<td></td>
<td>0501-0600</td>
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<tr>
<td></td>
<td>1701-1800</td>
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<td></td>
<td>2001-2100</td>
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<tr>
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<td>2301-2400</td>
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<tr>
<td>4</td>
<td>0301-0400</td>
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<td></td>
<td>0401-0500</td>
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<td>0701-0800</td>
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<tr>
<td>5</td>
<td>1401-1500</td>
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<tr>
<td></td>
<td>1601-1700</td>
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<tr>
<td>6</td>
<td>0901-1000</td>
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<tr>
<td></td>
<td>1001-1100</td>
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<td>7</td>
<td>0601-0700</td>
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<td>1101-1200</td>
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<td>8</td>
<td>0801-0900</td>
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<td></td>
<td>1301-1400</td>
</tr>
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<td></td>
<td>1501-1600</td>
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</tbody>
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Ambulation level

- Independent: 15%
- With Assistance: 75%
- With Aids: 41%
- Confined to bed/chair: 15%
Locations of Fall

- Bed side: 60
- Chair side: 18
- Toilet: 11
- Bathroom: 4
- Corridor: 5
- Lobby: 2
Bedside & Chair side Area
Restraint Measures
Restraint Measures

- Safety vest = 16
- Lap board = 15
- Bed side rail = ??

- 29 cases with safety vest or lap board
- 2 cases with safety vest + lap board
Activities at the Time of Fall

- Bathing: 3 cases
- Get Somethings: 5 cases
- On/Off Trousers: 5 cases
- Others: 10 cases
- Unknown: 14 cases
- Toiletting: 29 cases
- No Specific Need: 34 cases

(no. of cases)
Severity Index

1 = Incident occurred (reached patient) but no injury sustained
2 = Minor injury
3 = Temporary morbidity
4 = Significant morbidity

Chart showing:
- Index 1: 69 cases
- Index 2: 27 cases
- Index 3: 3 cases
- Index 4: 1 case
Fall Risk

- 59 cases identified as high fall risk
- 37 cases had history of fall
Particular Findings

- 6 cases (male) had repeated fall within 5, 8, 12, 30 & 33 days
- 8 cases with companion
- 1 case occurred while turning in bed
- 1 case had sedative before bedtime
Recommendations (1)

- Early patient / carer(s) education on fall prevention
- Prompt attention on patient’s needs
- Family involvement
- Bed / Chair alarm
- Safe bed design (low bed, half length bedrails)
Bed & Chair Alarm

[Image of a bed and a chair with alarms]
Ordinary bed vs Electric bed
Recommendations (2)

- Hip protectors
- Reassessing staffing needs
- Periodic review of fall data
- Root cause analysis
- Structured staff education program
- Case sharing
- Exercise program in holidays
Acknowledgements

Department of Rehabilitation, Kowloon Hospital

- Dr Hobby KY Cheung, COS
- Ms Anita YY Chau, DOM
- Ms KH Ting, WM
- Ms YC Lau, APN
- Mr PS Wu, Ward Steward
Thank You