Cheshire Home, Shatin (SCH) Multi-disciplinary Approach to Prevent Fall of Disabled Resident Group with Community-liked living in Chalets Houses (A continuous approach)

Background

• SCH fall rate (Infirmary & Disabled Units):
  0.11 (per thousand bed days) in 2008
  0.24 (per thousand bed days) in 2009

• Chalets disabled resident fall rate:
  1.07 (per thousand bed days) in 2009

• Set up Multi-disciplinary Fall Prevention Taskforce in 2009 yr end (general administration, doctors, MSW, nurses, PT, OT)
Objectives & Methodology
- Collect & identify the causes of fall of Chalets residents
- Implement & evaluate the fall prevention methods & results
- Group & intervene fall risk phenomena using simple to complex & known to unknown approaches
- Use word “FORENSIC” to denote taskforce's ambition to prevent fall risks

1. Facilities’ maintenance & procurement
2. Observation of health & behavior
   • Deterioration of cognitive state, convulsion risk
   • lean to pick things from floor
   • Compliance to use wheelchair seat belt, to lock wheelchair

3. Equipments’ provision & maintenance
   • Use long handled reacher
   • Install anti-tilt bars for wheelchairs

4. Simulation of events
   • Find the possible cause(s)
5. Initiation in actions
   • Seek help from staff
   • Intervene structural & behavioral deficits

6 & 7. Reinforcement & Nice Attitude
   • Empower safety measures of fall
   • Facilitate behavioral change through niceness.
   • Arrange staff training

8. Co-operation (residents, staff, taskforce)
   • Prevent fall without limitation of residents’ access to community
Results:

<table>
<thead>
<tr>
<th>Year</th>
<th>Total No of Fall Cases</th>
<th>SCH Fall Rate (Per 1000 Bed days)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2008</td>
<td>8</td>
<td>0.11</td>
</tr>
<tr>
<td>2009</td>
<td>19</td>
<td>0.24</td>
</tr>
<tr>
<td>2010</td>
<td>14</td>
<td>0.16</td>
</tr>
<tr>
<td>2011</td>
<td>5</td>
<td>0.07</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Year</th>
<th>Total No of Chalets Fall Cases</th>
<th>Chalets Fall Rate (Per 1000 Bed days)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td>15</td>
<td>1.07</td>
</tr>
<tr>
<td>2010</td>
<td>7</td>
<td>0.54</td>
</tr>
<tr>
<td>2011</td>
<td>3</td>
<td>0.24</td>
</tr>
</tbody>
</table>

Conclusions:

- significant drop Chalets fall rate from yr 2009 of 1.07 to Yr 2011 of 0.24 implies effective outcomes of taskforce’s interventions without limitation of disabled residents’ social lives.
- Causes of fall especially hidden ones cannot be fully identified, taskforce’s work should be continued.