Effectiveness of a night patrolling round program to reduce fall in M&G ward

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Introduction
Fall is one of the key nursing quality indicators. Elderly and post-stroke patients with cognitive impairment and mobility disorder are more vulnerable to fall in hospital. Despite the unpleasant physical and psychological consequences, inpatient falls are associated with increased length of stay and mortality. Past fall incidents in an M&G ward in 2012 and 2013 were reviewed. Most were toilet related, were unassisted and occurred during night shift. This information has provided us with some insight to direct the development of a fall prevention program specifically piloting during night shift.

Objectives
1. To enhance the awareness of nursing staff in fall prevention
2. To reduce fall during night shift

Methodology
During night shift, four staffs (including two nurses and two health-care assistants) were assigned to perform patrolling round alternatively every 15 minute. A documentation sheet was designed and patients with high fall risk, especially those with over-estimate self-ability, poor memory or impaired cognition, were highlighted to increase staff awareness to fulfill patients' needs promptly. Staff were encouraged to initiate help and ask for toilet needs if patients were found awakened during patrolling round. Outcome measure was categorized as fall incident rate at night shift.

Result
From Feb. 2014 to Jan. 2015, 10 patient falls were reported. 22.2% of falls were happened at night-shift. There was a high reduction of falls at night-shift as compared to previous data (82.3% on 2012, and 70% on 2013). Three nearly fall cases were
avoided promptly by the way of control landing. A night patrolling round program is effective in reducing fall and fall-related injuries in inpatient setting as well as staff awareness. Further extension of program in other M&G wards is suggested.