H.E.A.R.T. program for Patient Fall Prevention (2017)

F-P4.25

Mixed Ward, Department of Orthopaedics & Traumatology
Established an **in-house fall prevention workgroup:**
- Members: Nurses & SS
- Review staff attitudes / Alertness / education towards fall prevention
- Review fall statistics
- Explore workable innovations
- Monitor the outcomes
- Patient engagement?

**Aims**
- To engage staff and care-givers in patient fall prevention
- To reduce number of patient fall incidents
- To minimize the severity of patient all injury

**H.E.A.R.T. program**
- **Handover high risk cases**
- **Educate patient and care-giver**
- **Alert and Assess**
- **Reduce harm**
- **Timely patrol**

**Trend of Fall Incidents**

- After HEART program from Jan to Aug 2016

**What should we do?**

![Graph showing trend of fall incidents]
**Handover**
- Handover high risk cases
  - Label outside the cubicle
  - Tidy all curtains
  - Reachable call bell
  - Fall alarm sensors
  - Fall prevention education shows during visiting hours

**Education**
- To patient and care-giver
  - Use of call bell & return demonstration
  - Suitable footwear
  - Suitable clothing
  - Possibility of fall risk
  - Video show during visiting hours

**Assess**
- On admission:
  - Assess fall risk
  - Cognitive impaired
    - Provide special preventive measures
    - Fall alarm sensor
  - **Reassess & record** the fall risk after procedures with sedation done

**Reducing harms**
- Lower the bed
- Open the curtain after procedure
- No cords on floor
- No slippery floor
- Remove other unused obstacles

**Timely Patrol**
- **Timely patrol**
  - Hourly round
  - Check functions of fall alarm system
  - Check reachable call bell
  - Document actions done

**Review & Monitor**
- Evaluate quarterly
- Retrieve data from AIRS for numbers of fall incidents and severity
- Share information with others / among the team / relatives
- Collect feedbacks from staff, patients and care-givers

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**NTEC North District Hospital**

**Quality Effective Health Care**
愛心，用心，齊心，就放心！
Staff and care-givers engagement in patient fall prevention is absolutely vital

H.E.A.R.T. for Patient Fall Prevention

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Background
- In 2013, it was quite alarming that there were 11 patient fall incidents with severe injury. This has led to intense need for a change in the current fall prevention measures being in place.
- Although the severity of fall was not high, the procedures, if used, would prolong hospitalisation and increase the risk of a fall.
- It is well documented that the risk of fall in preventable and modifiable.
- To reduce the number of fall incidents, & explore ways of preventing preventable fall prevention measures have been implemented H.E.A.R.T. (2013).

Aims
- To reduce risk of falls in patients
- To reduce severity of patient fall injury
- To minimize the number of patient fall incidents

E - Education

A - Awareness
- Falls are common in elderly patients
- Background
- Prevention

R - Risk Assessment
- Fall risk assessment tool
- Falls are common in elderly patients
- Prevention

T - Therapy
- Falls are common in elderly patients
- Prevention

N - Need to improve patient safety
- Falls are common in elderly patients
- Prevention

Quality Effective Health Care

North District Hospital