



Service Priorities and Programmes Electronic Presentations

Convention ID: 1239

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Fall free rehabilitation to high fall risk patients

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Keywords:

Risk identification

Risk control

Fall

Rehabilitation

Introduction

In our Geriatric Day Rehabilitation Centre, as most of our service target has fall risk or fall history, patient fall was a recurrent clinical risk. Post incident root cause analysis showed that multiple factors (patient behavior, staff' engagement as well as communication) contribute to patient fall.

Objectives

A risk-identification-control model was developed, aiming at minimizing fall while high fall risk patients are undergoing rehabilitation.

Methodology

The care model involved doctors, nurses, physiotherapists, occupational therapist, patients and their caregivers. It included

1. Risk identification: All patients receiving rehabilitation were screened for fall risk. Patients were also assessed to identify the root cause for fall and potential fall risk factors.
2. Engagement: Staffs, patient and caregiver are informed about patient's fall risk level and his/her fall risk factors. They were also engaged means to prevent fall.
3. Risk control: Respective health care expert in the team addressed and corrected the reversible component of fall risks. Staff (including supporting staff) were trained to deliver safety measures while delivering care to fall risk patients
4. Communication: Team members shared their fall assessment and management plan
5. Risk monitoring: AIRS was used to record fall incident and made review to prevent similar incident.

Result

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The model is developed since Apr 2015, before that, there was around 1-2 fall incident per year in our center. From Apr 2015 till Dec 2017, 1147 patients (691 female, 456 male, age 73 12) went through rehabilitation. Of these patients, 80% of them had

history of fall or was identified to have fall risk. Since the fall risk control model was implemented, we recorded nil fall incidents in our center.

Conclusions:

A multidisciplinary risk-identification-control model is effective in ensuring fall free rehabilitation to patients with high fall risk.