



Service Priorities and Programmes
Electronic Presentations

Convention ID: 62

Submitting author: Ms Rachel MOK

Post title: Physiotherapist I, PMH, KWC

Fall Prevention Program in Geriatric Day Hospital of Princess Margaret Hospital

Mok YT (1), Chui KW (1), Leung YYC (1), OHH (1), KWL (1)

(1)Physiotherapy Department, Princess Margaret Hospital

Keywords:

Fall Prevention

Elderly

Geriatric Day Hospital

Introduction

Fall accidents commonly occurred for geriatric patients in rehabilitation area like Geriatric Day Hospital (GDH). The Fall Prevention Program (FPP) was firstly established in Physiotherapy Department in GDH of Princess Margaret Hospital (PMH) in April 2013 and was further revised in May 2015. The effectiveness of the program was reviewed.

Objectives

- To promote patients' safety during the rehabilitation training in GDH
- To enhance staff in GDH on the safety awareness for patients with high risk of fall.

Methodology

- Mobility level of patients would be assessed by physiotherapists in the first GDH session. Red Dot Mobility System was applied in which the level of assistance in transfer and walking was displayed in the patients' name tags and the covers of patients' Physiotherapy intervention records, hence the GDH staff could be more alert to the patients with low mobility level.
- Patients' mobility level was also assessed with Time-Up-and-Go test (TUGT). Those scored more than 30 seconds in addition of communication deficits or cognitive problems would be identified as high risk of fall and indicated as 'Prevention of Fall' on their name tags. They would be grouped in the 'Alert zone' during physiotherapy training from 9:00am to 10:30am in which limited staff was available at that period, so that an extra alertness and better monitoring of the patients with high risk of fall could be enhanced.
- Patients in wheelchair would be fastened with safety belt during training. Patients with high risk of fall with attempt of getting out from wheelchair would be fastened with an extra safety belt in a back approach.
- Posters were displayed around GDH to encourage patients with the need of toileting activity either by raising up their hands or using the call bell.

Result

The effectiveness of the revised FPP was analysed by retrieving the fall incident in

Physiotherapy Department of GDH during May 2015 to November 2017. There was one fall incident occurred before the revised FPP commenced (May 2015) and there was no fall incident occurred since the establishment of the revised FPP.