

# Fall Prevention Program for Patients with Toileting Needs

ChungYY (1), Chan SK (1), Leung MF (2)

(1) Continence Care Service, Nursing Service Division, United Christian Hospital

(2) Medical and Geriatric Department , United Christian Hospital

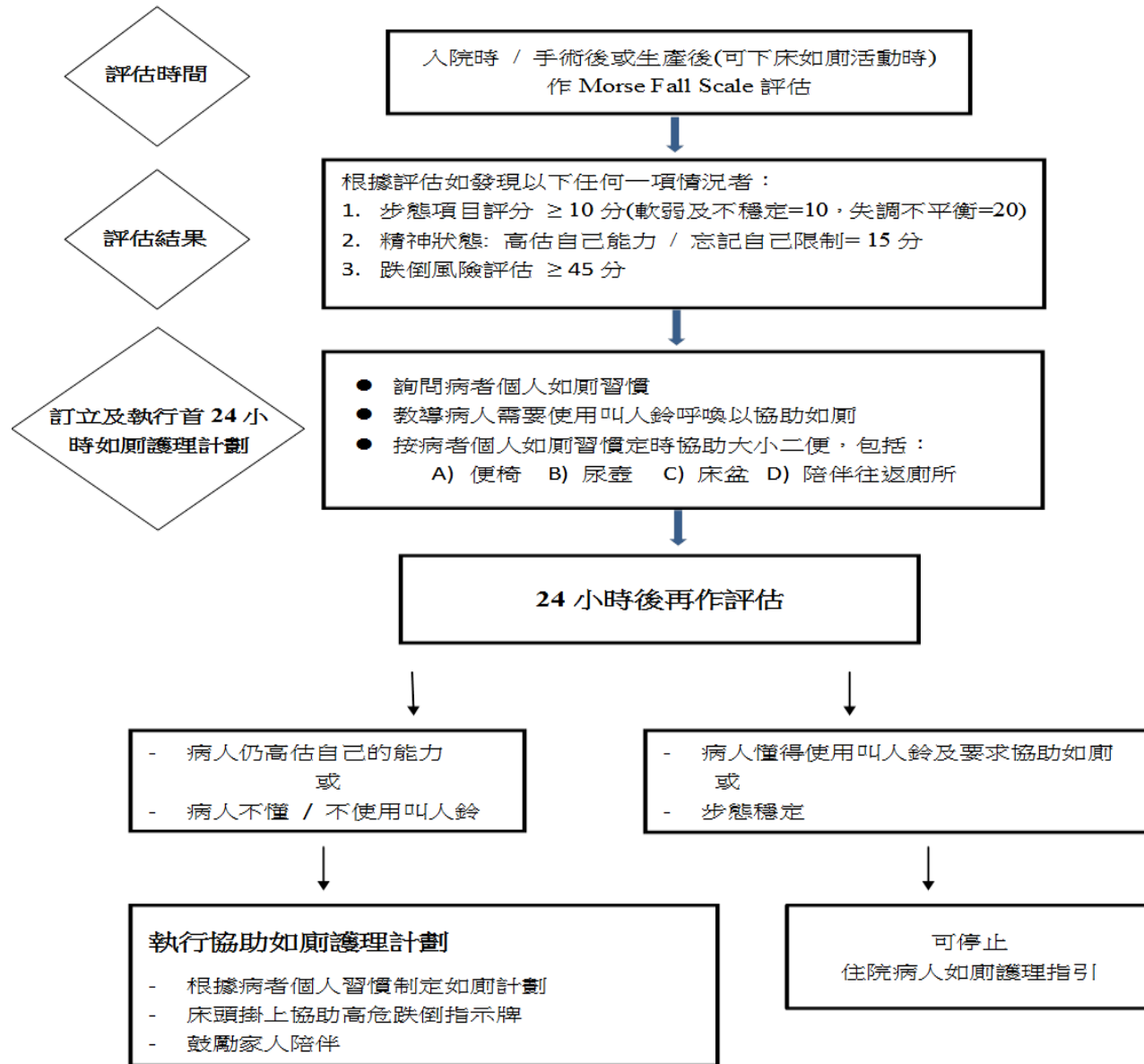
# Introduction

- AIRS reported in UCH in 2011, **40-70%** falls incident related to toileting needs
- High fall risk patients with recent **onset of weakness of lower limbs** are easily prone to falls during toileting
- UCH Continence Care Team had reviewed the toileting practice and developed a **Fall Preventing Toileting Guideline**

# Objectives

- To **minimize** risk of fall related to toileting
- To **increase awareness** of healthcare staff in prevention of falls
- To **identify** patients at high risk of falling

# 住院病人如廁防跌護理指引



住院防跌 24 小時如廁  
護理計劃

Please Stick Label if Available or Use Block Letters

HN : \_\_\_\_\_ MRN : \_\_\_\_\_

Name : \_\_\_\_\_

HKID No. : \_\_\_\_\_ Sex : \_\_\_\_\_ Age : \_\_\_\_\_

Dept. : \_\_\_\_\_ Ward / Bed : \_\_\_\_\_

日期 : \_\_\_\_\_ 風險項目 :  1. 步態項目評分  $\geq 10$  分(軟弱及不穩定=10, 失調不平衡=20)

I. 病人以往如廁習慣  2. 精神狀態: 高估自己能力 / 忘記自己限制=15 分

每日小便多少次 : \_\_\_\_\_ 次/不知道

每隔多少小時小便一次 : \_\_\_\_\_ 小時  3. 跌倒風險評估  $\geq 45$  分

II. 教導病人使用叫人鈴呼喚協助如廁 : 有 / 無 職員簽署 : \_\_\_\_\_

III. 24 小時內按病者如廁習慣協助如廁, 記錄病人小便情況, 包括: 病人拒絕協助自行如廁、病人按鈴要求協助如廁、護理人員提醒如廁

日期	時間	病人拒絕協助 自行如廁*	病人按鈴 要求協助如廁*	護理人員 提醒如廁*	使用如廁方法 :
					a. 便椅 b. 尿壺 c. 尿盆 d. 陪伴往返如廁

(\*在適當位置加上✓號)

IV. 結論

A → 病人明白如廁要求協助方法

B → 病人未能配合 → 護理計劃內加入協助如廁護理計劃

職員簽署 : \_\_\_\_\_

住院防跌 24 小時如廁護理計劃

# Results and Conclusion

## Results:

The fall rate was **reduced** from 0.75 /1000 patient bed days in 2012 to 0.65/1000 patient bed days in 2013

Fall rate 2012-2013 (per 1000 bed days)

		<u>Fall rate</u>			<u>Fall rate</u>
<b>2012</b>	Q1.	0.18	<b>2013</b>	Q1.	0.61
	Q2.	0.68		Q2.	0.72
	Q3.	0.64		Q3.	0.62
	Q4.	0.83		Q4.	0.66
	Total	0.75		Total	0.65

## Conclusion:

- \*The Fall Prevention Toileting Guideline developed by UCH Contenance Care Team was implemented in adult wards
- \*The guideline helped to **reduce falls** in wards related to **toileting** needs

**Thank You**