



Service Priorities and Programmes
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Fall prevention toileting care plan to reduce the fall incidents in the hospital

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Introduction

Introduction In 2011, 250 fall incident reports were reviewed and showed that between 40-70% reported fall incidents related to patient's toileting needs. It is therefore important to address the toileting needs of inpatients. The Continence Care Team initiated to review the toileting practice in hospital wards to improve the assessment and intervention for toileting needs of inpatients.

Objectives

Objective Implement fall prevention toileting care plan to help reduce the fall incidents in the hospital.

Methodology

1. In August 2013, fall prevention for patients with toileting needs protocol and care plan was implemented in UCH. The purpose of fall risk assessment is to identify the specific risk factors of fall for individual patient, and further assess their toileting pattern, this would help to plan and implement fall prevention strategies for the individual related to toileting needs. 2. In the 1st 24 hours when patients can get out of bed after admission/operation/delivery/transfer in from other ward, patient's fall risk is assessed with the use of Morse Fall Scale. Fall prevention measures are initiated for the patients with the following factors: (a) Weak / impaired gait (b) Mental status: overestimate own capacity or forget limitation (C) Morse Fall Score is 45 or above 3. Monitor and evaluate the effectiveness of the fall prevention program

Result

1. In an audit, it was found that 50% of cases are patients with weak/impaired gait, 35% of cases are patients with Morse Fall Score in 45 or above, 15% of cases are patients who forget limitation. These target groups of patients are requiring toileting care plan. 2. The fall rate was reduced from 0.74 per thousand patient bed days in 2012 to 0.65 per thousand patient bed days in 2013. Conclusion Patient falls are one

of the most common adverse events in hospitals. There is a need for a comprehensive approach in engaging different disciplines in hospital to promote the awareness of importance of fall prevention and the necessary strategies in various areas for preventing falls inside hospitals. The fall prevention program in targeting patients with toileting need is to help reduce specifically the fall risk in that particular patient group with toileting need. Education to staff, patient and relatives is important in promoting the awareness of the importance of fall prevention in hospital.