



## Service Priorities and Programmes Electronic Presentations

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**Fall Prevention: O2 program reduce fall rate effectively**

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**Keywords:**

Fall

**Introduction**

Fall incidents showed a significant increasing trend of 34% last year. By the end of 2015, one quarter of staff was fresh graduates, newly recruited, nurse learners or transfer-in from other departments. However, these new staff may not be familiar with our existing Fall Prevention Program. Therefore, new staff Orientation and Ongoing staff education were reinforced.

Fall prevention is highly dependent upon education to both patients and especially our health care staff. Team approach and reinforcement of fall prevention are the key elements for the success of the program. It is important for all of the staff to become educated and engaged in Fall Prevention.

**Objectives**

- 1) To enhance the awareness and understanding of existing colleagues and new comers in the current Fall Prevention practices.
- 2) To increase the compliance of all the health care staff with the current implemented programs.

**Methodology**

"O2" to prevent fall

1. Orientation

- Fall Prevention is the core topic in the Surgical Orientation Program
- All new staff and nurse learners will have an orientation on the first working day.

2. Ongoing staff education and Handover of high risk of Fall cases

- Department Quality & Safety Meetings (Fall Prevention) with ward link nurse for incidents sharing and fall preventive strategies were held quarterly
- Ongoing sharing session and handover by ward link nurses among all nurses and supporting staff to enhance awareness and knowledge on Fall Prevention.

**Result**

In 2015, the overall fall rate was 0.394 per 1000 patient bed days. After implementation of the Fall Prevention: "O2" Program, the fall rate was 0.270 per 1000 patient bed days in 2016. It showed a significant improvement, a drop of 37.5% in fall

rate was recorded.

Conclusion:

The "O2" Program successfully optimizes patient safety by enhancement of risk-of-fall alertness of staff and proved to be effective in reducing fall rate.