



Service Priorities and Programmes Electronic Presentations

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Submitting author: Ms Sin Ming Li

Post title: Physiotherapist II, Tseung Kwan O Hospital

Physiotherapy Fall Prevention Strategies Reduce Falls in Outpatient (TKOH)

Li SM(1), Cheung YW(1), Ngan KT(1), Choi WW(1), Law YF(1), Chan YH(1), Chow PY(1), Cheung KL(1), Tong KC(1), So YM(1)

(1)Physiotherapy Department (Integrated Rehabilitation Service), TKOH

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Introduction

Fall is common and multifactorial which results in serious problem causing significant amount of health care resources. With high patient volume in Physiotherapy Outpatient Department (OPD) and most patients have physical disabilities and impairments, fall prevention becomes a challenge. To prevent fall-related injury, Physiotherapy Fall Prevention Workgroup (PTFPW) was established October 2015.

Objectives

To establish fall prevention strategies in OPD to reduce fall incidents

Methodology

Fall prevention strategies were established and implemented in-phase by the workgroup included:

1. Education

Incident sharing and in-service training for physiotherapist (PT) and patient care assistant (PCA) to raise fall prevention awareness

Fall prevention pamphlet, poster and notice board was available for patients and care givers

Briefing on clinical areas and management flow to all new patients

2. Risk stratification

Standardized fall assessment form and tools were adopted to differentiate high risk patients

Bi-monthly environmental checking in clinical areas was implemented to identify high risk areas and ensure safety

3. Risk management

Patients' aspect:

i. Provide extra supervision to identified high risk patients

ii. Provide tailor-made treatment

iii. Refer patients to suitable setting for further management after discharge from

OPD, for instance, nurse allied health clinic, community service etc.

- Environmental enhancement:
 - i. Environmental modification and equipment relocation if at risk
 - ii. Priority seats was set up in waiting areas
 - iii. Designated wheelchair parking areas for needy patients
 - iv. Assigned plinth with bedrails for high risk patients
- 4. Collaboration
 - Regular meeting with hospital fall prevention workgroup
 - Educational talk to other health care professions

Result

Outcomes:

1. Number of falls in physiotherapy department
2. Staff feedback and fall prevention awareness
3. Patient experience survey

Results:

Since strategies implementation, no fall incident was reported among 80,000 attendances in physiotherapy department in 2016 compared with 4 incidents in 2015. Colleagues' feedback on fall prevention was positive and awareness increased. Moreover, patients were satisfied and appreciated the overall arrangements.

Conclusion:

Fall prevention strategies enhanced fall prevention services and reduced fall incidents in OPD effectively. Through regularly meeting and discussion, PTFPW continues to improve strategies and empower colleagues to provide evidence-based practice in fall prevention. This good practice was highly recommended to sustain.