



Service Priorities and Programmes Electronic Presentations

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Fall Prevention Program on Focused Group in NDH EMW

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Introduction

Fall is one of the key performance indices in Hospital Authority (HA). It is defined as an unplanned descent to the floor with or without injury to the patient. Injuries may range from minor injuries to lacerations, fractures or internal bleeding, leading to increased length of stay and potential complaint. Despite all the possible fall prevention strategies have been widely adopted in HA, fall remains an unsolved problem. Is there panacea for fall prevention in hospital?

North District Hospital Emergency Medicine Ward (EMW) experienced a lackluster period that fall rate peaked in 2014 2Q (7 falls in 5 months). While reviewing the fall incident reports, a clustering of diagnoses (on admission) was observed. A fall prevention program on focused groups was conducted in EMW with some improvement.

Objectives

Reduce fall rate of the focused risk groups in NDH EMW

Methodology

Specific care is arranged for the following 4 groups of patients: 1) Hypoglycemia, it takes time to achieve a full recovery despite patient restores consciousness soon after glucose replacement (fall alarm pad, bed rest 24 hours); 2) Acute retention of urine on Minipress (risk of hypotension), high risk at first voiding after removal of Foley catheter (Q4H BP, explain drug effect and side effect to patient, bed rest & urinal for borderline BP, inform patient and supporting staff if BP on down trend); 3) Dizzy & lower limb weakness with Morse < 45 (fall prevention measures regardless of fall score) & 4) Dementia (fall alarm pad and invite relative to stay).

Result

Fall rate of EMW dropped by 88% at 1 year follow up (8/9/2014- 7/9/2015) and there was zero fall incident related to the focused group.

To conclude, retrospective review of the incident reports is useful to identify the fall patterns and patient characteristics in individual department. It helps to design a

focused care plan to focused risk groups. We learn from a painful experience, but it is absolutely Pareto (20% effort to achieve 80% result). In addition, patient and staff engagement (including supporting staff) contributes a lot to the success.