

## THE IMPLEMENTATION OF “FALLING STAR” MAGNETS TO REDUCE FALLS ON 7ANS AND 7BP

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# THE IMPLEMENTATION OF “FALLING STAR” MAGNETS TO REDUCE FALLS ON 7ANS AND 7BP

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## BACKGROUND

- Increased number of unwitnessed falls on medical-surgical units
- Inconsistent use of LVHN fall magnets
- Lack of identification of different type of fall risks based off of Hester Davis Fall Score
- Project purpose: To impact the number of falls by implementing “falling star” magnets based on patients’ Hester Davis score.

## PICO

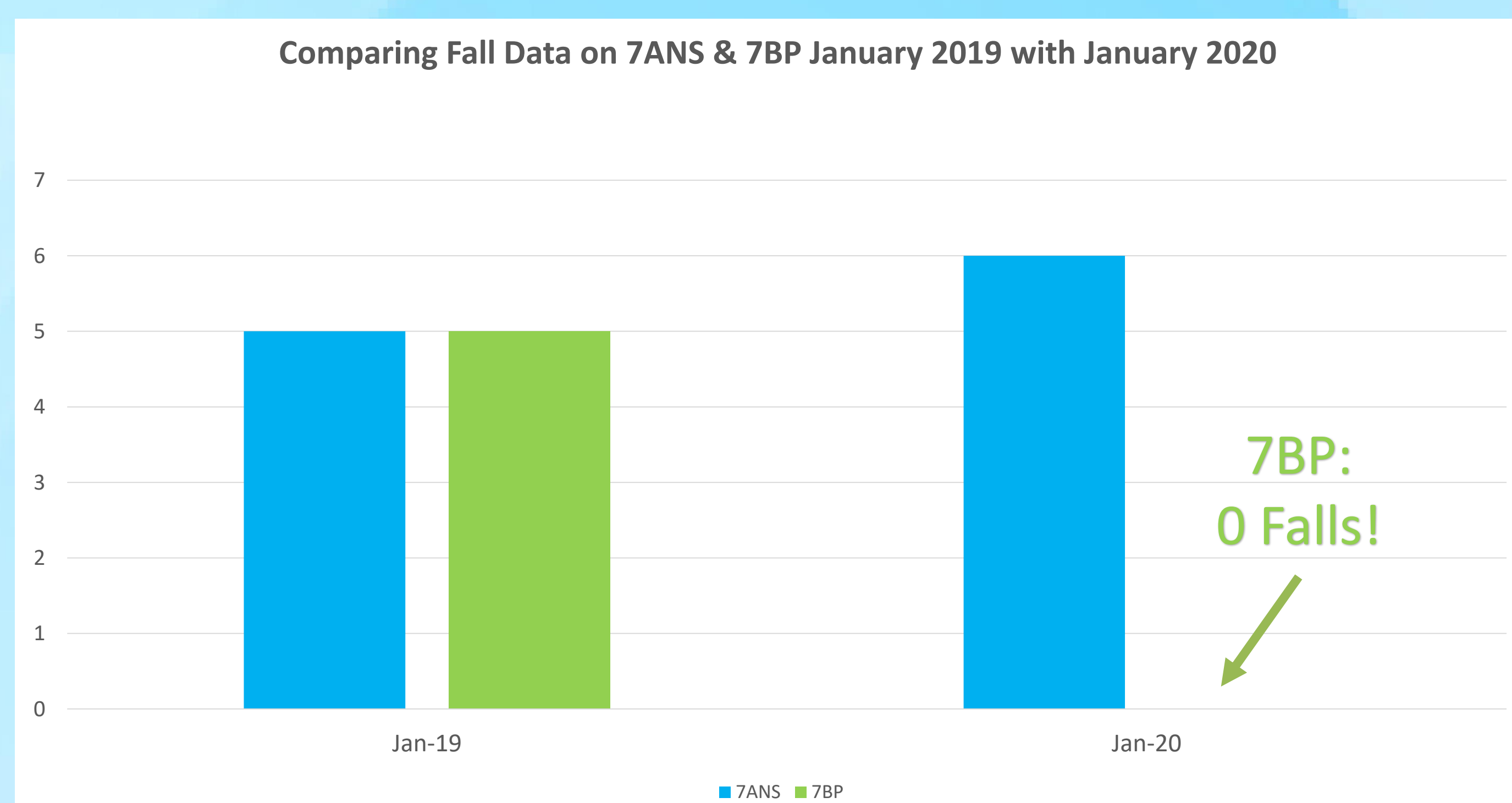
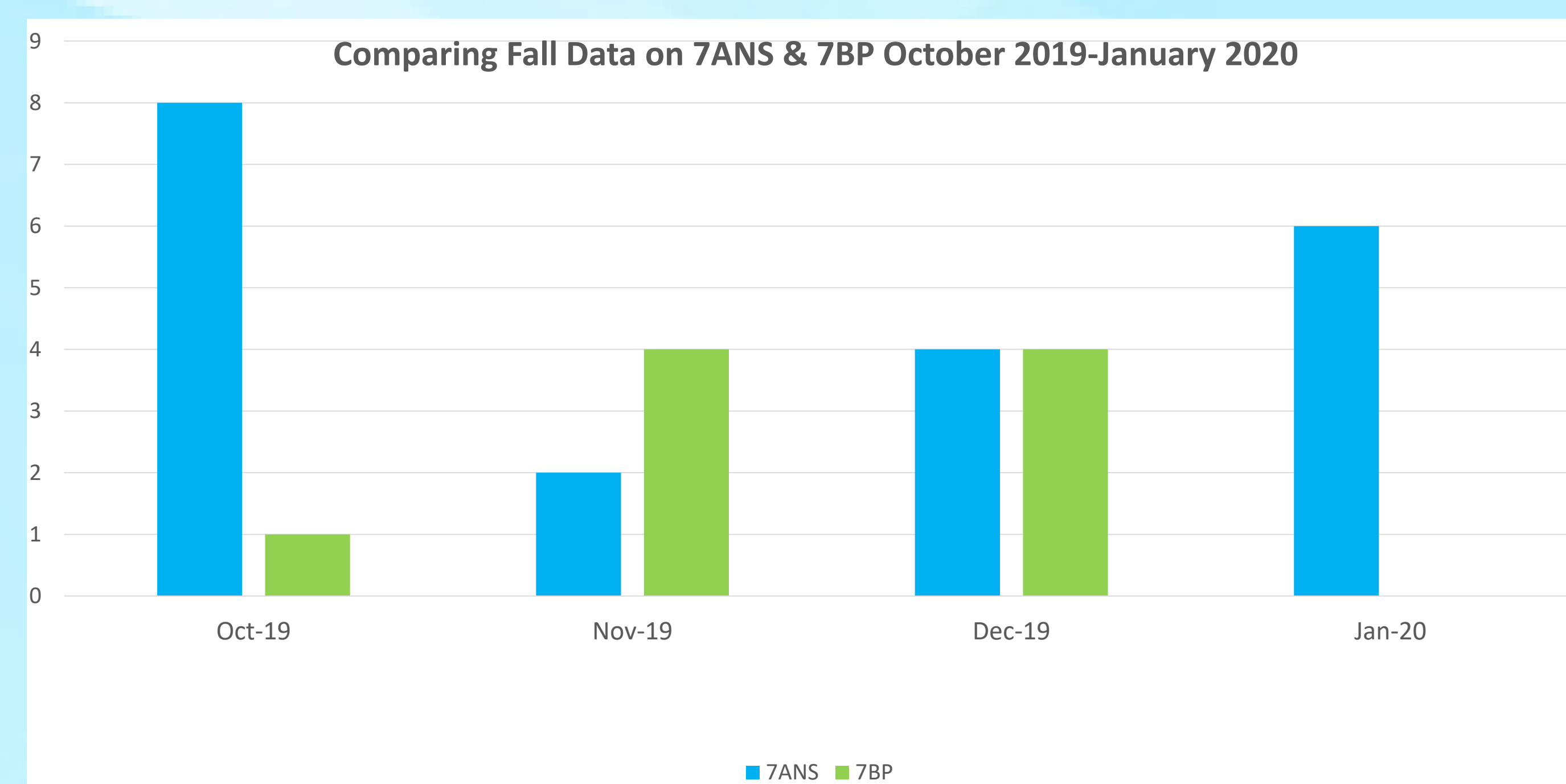
**P: Adult medical-surgical patients (18+)**  
**I: Colored Falling Star magnets based on Hester Davis fall score**  
**C: LVHN fall magnets**  
**O: Number of falls**

## EVIDENCE

- “Nurses must help patients and families understand how specific risk factors can contribute to a fall. Patients are more likely to adhere to the care plan if they thoroughly understand their risk factors, action plan, and negative consequences of a fall.” (Silva and Hain, 2017).
- “More than half (53%) of all inpatient falls in elderly people in acute care settings occurred at the bedside, during transfers or whilst getting up to go to the toilet.” Elderly in-patient at particular risk of falling with incidence of falls being almost triple that for community-dwelling older people. Several factors contribute to this including: age, history of falling, impaired mobility and special toileting needs.(Vass et al., 2009).
- “Qualitative data revealed an increase in participant awareness of fall prevention, baseline positive attitude towards guidelines of understanding fall preventions improved significantly (Breimaier et al., 2015).
- “Validation of Hester David Scale- a score of 10 produced a more desirable sensitivity of 90.9% and specificity of 47.1%” (Hester & Davis, 2013).

## OUTCOMES

- The number of falls were reduced on 7BP January 2020 (0) compared to January 2019 (5)
- Falls on 7BP were significantly reduced in January 2020 with 0 falls, compared to the previous months: October (1), November (4), and December (4)
- 90% of staff were satisfied with the ability of the stars to help reduce falls according to the post surveys completed



## IMPLEMENTATION

- A TLC was assigned to staff members of 7ANS and 7BP
- “Falling star” magnets were implemented during the month of January 2020
- Data was collected & post surveys were distributed
  - 37 post surveys completed
- Analysis of outcomes



## NEXT STEPS

- Implementation of “falling star” magnets on more units throughout the hospital for a bigger sample size
  - Include units with diverse patient populations
- Consider pilot use of red star only for high risk patients
- Educate all clinical staff via TLC on “falling star” magnets
- Analysis of effectiveness of stars based on data and post survey results

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