Pursuing Wellness: Achieving Fall Reduction Through Staff and Patient Partnership

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Abstract

Patient falls are a major cause of injury among hospitalized psychiatric patients, often prolonging and complicating their stay and impacting their well-being beyond hospitalization. A gradual rise in fall rates prompted nurses on a 52 bed, acute adult behavioral health unit in an academic, community Magnet™ hospital to translate new research into their fall prevention practices. This data translates evidence into practice. New research shows patients who perceive engagement and involvement with both staff and their treatment programs experience a greater sense of value in their recovery. In turn, recovery well beyond hospitalization and across the life span is realized.

Comprehensive Fall Prevention Plan

Search of the evidence resulted in a revised fall prevention practice guideline:

- "FALL" tab in the electronic documentation system containing all fall-related information in one easy to access location.

- The Hendrich II Fall Risk Model + ABCS Injury Risk Assessment
  - Identifies additional patients at potential risk of fall injury
  - Prompts nurses to think more critically and individualize a fall prevention plan for each patient through use of additional tools

- Fall Prevention Contract
  - Requires patient agreement upon admission to follow specific action items 100% of the time
  - Prompts patients to make good and healthy choices

- ‘Fall tips’ posters in all patient rooms to educate on what causes falls and how to prevent them

- Revised/updated guideline
- Use of non-skid yellow socks
- Toilet rotation schedule incorporated into the patient rounding schedule
- Mandatory staff education
- Staff safety huddles
  - All communications placed in yellow fall binder