

Abstract

There is a continuous effort to reduce the number of falls that occur in hospitals across the world. Fall prevention strategies have evolved into standards of care in all aspects of healthcare. As such, fall rates continue to be an ongoing problem among various inpatient units. Patients in psychiatric facilities have comorbidities and healthcare needs, as do those in inpatient medical units, which contribute to their risk of falling while in the hospital. Much of the research is targeted toward fall rates and fall prevention strategies in medical units rather than in the psychiatric/mental health population. Unfortunately, there is limited information to support standardized fall prevention strategies that are specific to inpatient psychiatric units. Since falls that occur in inpatient psychiatric units are incorporated into the total numbers of falls within an organization, this pilot study evaluates the need for a multifactorial fall prevention protocol that is specific to psychiatric patients and the unit in which they are admitted. A pre-and-post intervention evaluation was conducted to determine the effectiveness of strategies developed to promote safety and prevent falls in an inpatient psychiatric unit.