

IMPACT OF FALLS IN

**THE LONG-TERM CARE
SETTING: A GUIDE TO
PREVENTION**

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PROJECT OVERVIEW

- Achievements: Reduction in falls at long-term care facility (LTC).
 - Decrease in falls

 - Minor injuries
 - Major injuries
- Aim: To reduce falls among residents.
- Practice Pearls: Falls can be reduced by implementing an evidence-based tool/educational training, thereby encouraging nursing staff involvement/commitment.

BACKGROUND INFORMATION

- Significance to Nursing
 - Higher fall rates among LTC residents
 - Falls result in short- and long-term implications
 - Falls are costly
 - Falls are preventable
- Significance to Facility
 - Fall rates are higher than national average
 - Reducing falls is a top leadership priority
 - Improving patient care is part of the facility's mission

PROJECT PROBLEM

- No standardized protocol was being used to prevent falls.
- Lacking educational training for fall prevention.
- High fall rates at the selected project site.
 - Reduced care quality.
 - Poor patient-related outcomes.
 - Preventable expenses (organizational and patient)

PURPOSE STATEMENT

- The purpose of this project was to reduce fall rates, at the project site, through implementing staff training and applying the AHRQ's (2013) protocol for preventing falls.
 - AHRQ's (2013) Inspection Checklist
 - AHRQ's (2013) Hourly/Bihourly Rounding Protocol

LEARNING AIMS

- Develop a fall prevention program for the project site, which is aligned with the AHRQ's (2013) toolkit.
- Provide an educational seminar to the interdisciplinary team about fall prevention techniques and the project's implementation requirements.
- Reduce falls by 25% comparison pre- and post-project implementation.

LITERATURE

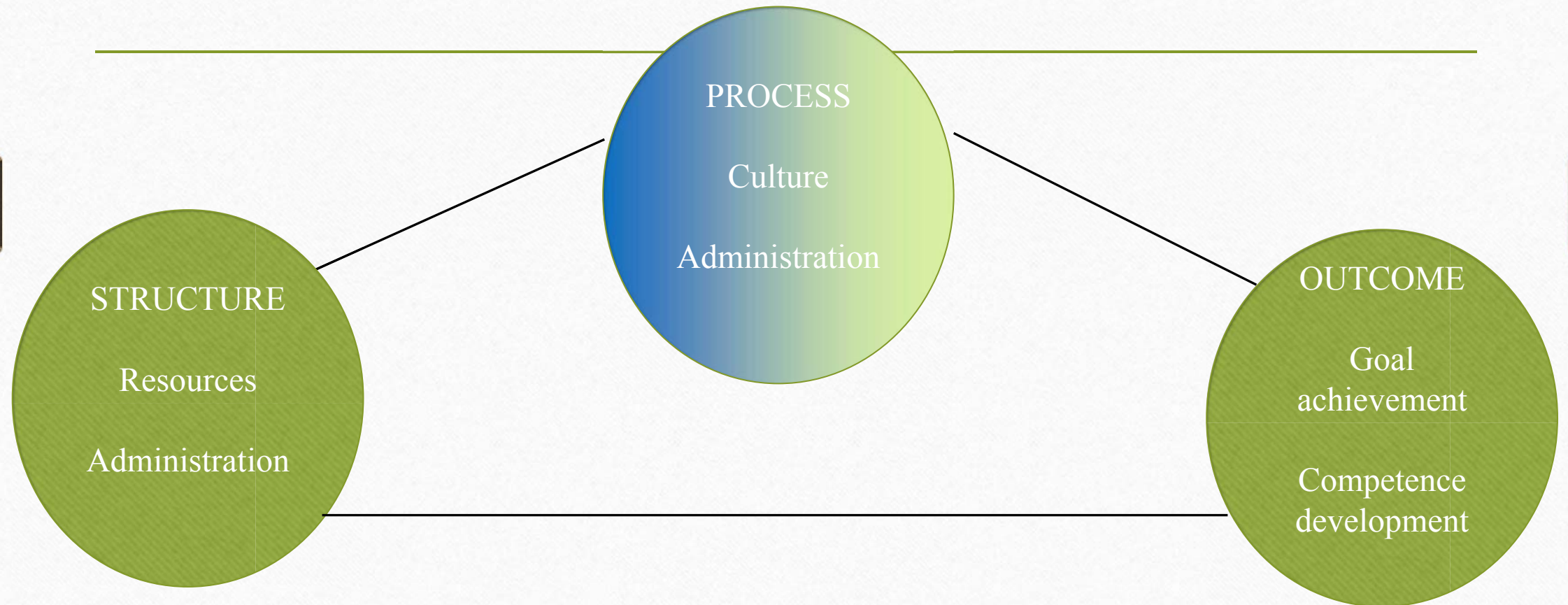
- Various Evidence-Based Intervention Options
 - AHRQ's toolkit cited as impactful.
- Fall Prevention Technique
- Barriers to Implementation
 - Staffing and Communication
 - Education and Training
 - Importance of Continuous Education

THEORETICAL MODEL

Donabedian Model

- Education and developmental opportunities can improve care-related quality.
- Reinforces the critical role of nursing staff.
- Aids in measuring, assessing, and comparing quality of care received at different facilities.

THEORETICAL MODEL (CONTINUED)



PROJECT DESIGN

- Quality Improvement Project
 - Pre/post-implementation fall rates
 - Four weeks before implementation
 - Four weeks after implementation
- Protection of Patient-Related Data
 - HIPAA Compliance
 - Data only available to researcher
- Data Analysis
 - Binominal tests
 - Established p -values of 0.05

PROJECT IMPLEMENTATION

- Four-Week Implementation Period
 - List of nursing staff
- Educational Training Session
 - Weekly Inspection Protocol
 - Hourly/Bihourly Rounding Protocol
- Analysis of Data
 - Retrospective Chart Audits
 - Examination of Minor and Major Falls

EVALUATION

- Reduction of 24 falls from pre-project implementation to post-project implementation.
 - Overall Fall Rates = Decrease 55.5%
 - Falls with Minor Injuries = 50%
 - Falls with Major Injuries = 37.5%



PRE- AND POST-PROJECT DATA

PRE-PROJECT DATA

Category	Fall Rates	Fall Percentage Rates
Total Falls	54	100%
Falls Resulting in Minor Injury	30	55.5%
Falls Resulting in Major Injury	8	14.8%
Falls Without Minor or Major Injury	16	29.6%

POST-PROJECT DATA

Category	Fall Rates	Fall Percentage Rates
Total Falls	30	100%
Falls Resulting in Minor Injury	15	50%
Falls Resulting in Major Injury	3	10%
Falls Without Minor or Major Injury	12	40%

CONCLUSION

- All Learning Aims were achieved.
- Reduction in fall rates was statistically significant using the implemented AHRQ protocol.
- Implementation of AHRQ protocol can improve patient-related outcomes, reduce healthcare expenditures, and result in reduced morbidity and mortality rates.

FUTURE DISSEMINATION

- Presentation at the Project Site

- Poster Presentation to be submitted
- Chi Eta Phi Professional Conference April 2021

- Poster Presentation to be Submitted
 - Black Nurses Rock Professional Organization October 2021
 - Jacksonville National Nursing League December 2021

- Formal Presentation at Touro University

THANK YOU FOR JOINING ME!
