

Long-Term Care: Preventing Falls through a Protocol Approach

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Falls have significantly been a problem for years. It is especially detrimental to the elderly population and can result in fractures, scrapes, and even death. Millions of dollars have been spent on fall injuries in long-term care facilities. The purpose of this QI Project is to implement Fall Prevention Protocol to reduce the rate of falls in a local Long-Term Clinical Setting in Hobart, Indiana. The DNP project is a 4-week long project. A Fall Prevention Protocol (FPP) and an hourly rounding checklist were used in this project. This is to improve staff compliance and assess whether there is a positive outcome in reducing fall rates in the facility. A seminar was conducted prior to the implementation to educate participants about the protocol and the importance of compliance with the hourly rounding checklist to achieve the success of the project. Data were collected, tallied, and analyzed to see how many hourly round visits were missed and how many falls occurred. The results indicated that there was indeed a reduction in fall rates: the pre-intervention fall rate is at 23.1 (*33 falls*) per 1000 patient days while the post-intervention fall rate is at 3.6 (*5 falls*) per 1000 patient days. The practice may continue to use these tools to maintain a low fall rate. The findings of this project may be used as a reference by future DNP projects conducting a similar project on fall prevention in long-term care to produce more reliable source about FPP's effectiveness.