

# ABSTRACT

## Purpose/ Framework

Patient falls are a complex problem and a successful reduction plan requires a multidisciplinary, multifaceted approach. To maintain patient safety, nurses implement fall prevention interventions as a standard of care. Despite these efforts the patient fall rate has been gradually increasing in many hospitals across the country.

## Design

At this 325-bed teaching hospital, safe patient care is a high priority. In 2007, a nursing-led multidisciplinary team convened to identify the issues and develop a successful plan to reverse this trend. In 2008 a system-wide goal was set to reduce actual patient falls by 30 percent.

After reviewing research and evaluating best practices from other organizations, the Multidisciplinary Falls Advisory Group and unit-based teams designed a falls “bundle” which includes: caution signs, hourly rounding, patient/family education and safe room set-up.

The “bundle” was piloted on two medical-surgical units for two months and two additional medical-surgical units implemented the “bundle” after the pilot period.

## Method

The effectiveness of the “bundle” was analyzed as follows:

**Patient/ Family Education** – A patient education sheet was provided to the patient. During this introductory period, a survey was created to gather data on the effectiveness of this patient education.

**Caution signs** – Information was gathered from staff and patients regarding the efficacy of the signs.

**Targeted hourly rounding** – Hourly rounding sheets are placed inside patients rooms and are replaced every 24 hours. Data was evaluated on a daily basis with monthly trending for staff compliance with rounding.

## Results

The four medical-surgical “pilot” units had a 29% reduction in the number of falls and 51% decrease in injuries related to those falls in 2008. This successful strategy is now system-wide. The rate of patient fall rate continues to decrease.

## Implications

The incorporation of this “bundle” into patient care is an effective strategy in reducing patient falls.