## REDUCING FALLS FROM THE PATIENT'S PERSPECTIVE

Rick Terkowski, MSN, RN, CEN

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- Nurse engagement is essential in increasing patient safety and quality in a dynamic health care setting.
- The mean 2012 fall rates for SE Pennsylvania hospitals were 3.2 to 4.0 falls per 1,000 patient-days. Approximately 30% resulted in injury increasing the ALOS by 6.27 days.
- Chester County Hospital's (CCH) Falls Prevention Program is centered on AN ORGANIZATIONAL APPROACH TO REDUCE PATIENT FALLS.
- To reduce patient falls further, the Falls Taskforce embarked on implementing an innovative concept in event reporting PATIENT ASSISTED INCIDENT REPORTING (PAIR).
- Incorporating the patient's experience and perceptions of the event, PAIR gathers information corroborating interventions and providing additional information on the patient's needs, concerns and expectations.
- This presentation supports nurses' roles in gaining insight and implementing a nurse/patient driven interview tool that promotes and supports professional practice.
- **INVESTIGATE** patient falls using a structured and systematic approach to obtain the patient's perception of the incident and causal factors.
- ANALYZE the patient's narrative with the safety event. The Patient Safety
  Manager REVIEWS the incident with the Falls Taskforce.
- IDENTIFY opportunities to prevent falls.
- VALUE the patient's perception.
- **DEVELOPED**: Patient Assisted Incident Reporting (PAIR) Interview Tool.
- INTERVIEWED: All post-fall inpatients were eligible for the interview.
- REVISED: Updated PAIR and disseminated institution wide to promote best practices in nursing.



- Nursing Department
- Quality Management Physical Therapy

Pharmacy





## OUTCOMES AND RESULTS

- DECREASED Inpatient Falls Rate from 1.75
  (2012) to 1.47 (2013) to 1.17 (2014)
- DECREASED Serious Injuries from Falls by 50%
  in 2013 and another 50% in 2014
- PROVIDED positive feedback to support hourly rounding
- OBSERVED medication trends involving opiates,
  narcotics and sleep aids
- In conjunction with the Medication Safety Committee...
  - DECREASED Dilaudid dosing
    from 1-2 mg dosing to 0.4-0.6 mg
  - DECREASED Ambien dosing from 10 mg to 5 mg and removed from the Comfort Care order set
  - REVEALED the statistical relationship between falls and pain medications decreased from 36% to 17% and anxiety medications from 19% to 17%.
- STANDARDIZED bedside handoff to include falls risk.







