
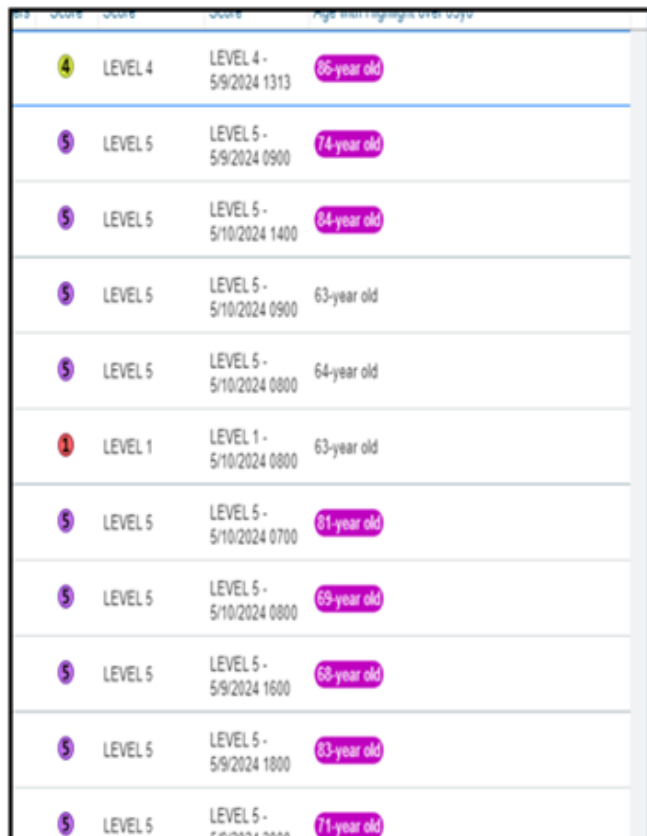
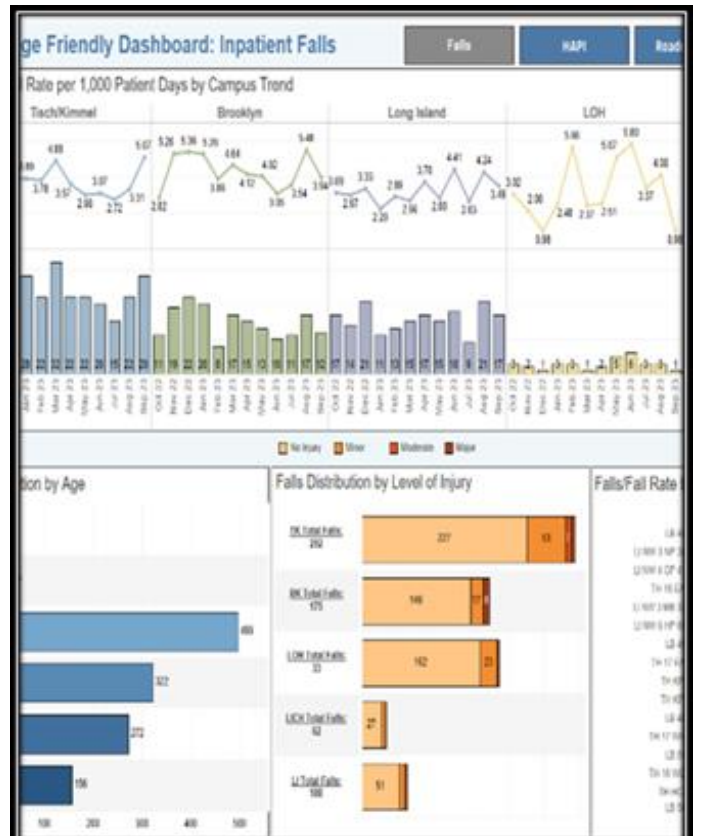



Nurses Improving Care for Healthsystem Elders (NICHE): Fall Reduction in the Geriatric Hospitalized Patient



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| Background | Methods | Results | | | | | | | | | | |
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| <ul style="list-style-type: none"> Falls are common events in hospitalized patients, and a leading cause of morbidity and mortality among older adults. Amongst the nursing quality indicators, the rate of falls can be most positively impacted and enhanced through nurse led strategies. The incidence of falls on an inpatient orthopedic unit at an academic medical center was statistically higher 3.69/1000 patient days compared to the organization and national means rates of 2.3 and 2.6, respectively, illuminating a need for change. | <p>The project named “See the E, PEEK on ME” uses a multidimensional patient-centered framework to improve quality outcomes and reduce fall rates in patients over 65 years old. The initiative is supported by the national program of Nurses Improving Care for Healthsystem Elders (NICHE).</p> <p>The processes involved: identification of the geriatric patient population at risk for falls, stratification of age-specific data through the electronic health record (EHR) and dashboard, and collaboration with clinical experts, facilitated by mentorship. The framework includes the following elements:</p> | <ul style="list-style-type: none"> Fall rates decreased by 50% over a 12 months period from 3.69 to 1.81/1000 patient days on the pilot unit. Concurrent with the project, the development of a Geriatric dashboard went live in June 2023. There is a continued emphasis on the Geriatric Resource Nurse (GRN) model engaging with NICHE program leaders, nursing, and interdisciplinary colleagues to improve quality of care for older adults through project implementation, spread, and sustainability. | | | | | | | | | | |
| <h3>Purpose</h3> | <table border="1"> <thead> <tr> <th data-bbox="1136 915 1252 958">E</th> <th data-bbox="1252 915 2149 958">Identification of patients 65 years and older (Older Adults)</th> </tr> </thead> <tbody> <tr> <td data-bbox="1136 958 1252 1028">P</td> <td data-bbox="1252 958 2149 1028">Active and Purposeful Rounding</td> </tr> <tr> <td data-bbox="1136 1028 1252 1131">E</td> <td data-bbox="1252 1028 2149 1131">Early mobility utilizing the Bedside Mobility Assessment Tool (BMAT)</td> </tr> <tr> <td data-bbox="1136 1131 1252 1189">E</td> <td data-bbox="1252 1131 2149 1189">Education</td> </tr> <tr> <td data-bbox="1136 1189 1252 1328">K</td> <td data-bbox="1252 1189 2149 1328">Teamwork and collaboration with interprofessional team to identify barriers, share insights and cultivate a holistic patient-centered approach</td> </tr> </tbody> </table> | E | Identification of patients 65 years and older (Older Adults) | P | Active and Purposeful Rounding | E | Early mobility utilizing the Bedside Mobility Assessment Tool (BMAT) | E | Education | K | Teamwork and collaboration with interprofessional team to identify barriers, share insights and cultivate a holistic patient-centered approach | <h3>Conclusions</h3> |
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| K | Teamwork and collaboration with interprofessional team to identify barriers, share insights and cultivate a holistic patient-centered approach | | | | | | | | | | | |
| <p>A nurse-led, quality improvement project aimed at reducing falls in older patients was implemented.</p> <p>The purpose of the project was to:</p> <ul style="list-style-type: none"> Reduce the rates of falls in patients over the age of 65 by applying best practices in age-friendly care. Describe a collaborative, nurse-driven framework leveraging innovative technology with focus on the geriatric patient population. Facilitate professional development of nurses through mentorship and support, by enhancing autonomy, resiliency and wellness to drive changes. | <ul style="list-style-type: none"> Collaboration with Information Technology (IT) to optimize the EHR to highlight patients over the age of 65 with a purple “E.” Purple “E’s” were posted on patients’ doors as a visual cue for nursing staff. An Age-friendly Geriatric website and quality outcomes dashboard were created to promote accessibility of age-specific data. | <ul style="list-style-type: none"> The rate of falls can be positively impacted through nurse-led strategies. This can help prevent adverse patient outcomes and minimize the financial impact on hospitals. The “See the E, PEEK on ME” framework served as a resourceful tool in the prevention of falls for geriatric patients. Evidence-based, nurse-led strategies fostered by technology, leadership, and mentorship are effective in reducing falls, specifically amongst older adults. | | | | | | | | | | |
| <h3>Figures</h3> | | <h3>Next Steps</h3> | | | | | | | | | | |
|    | | <ul style="list-style-type: none"> Sustainability through understanding the role and value of GRNs by ongoing recruitment and enhancing professional development. Use of Knowledge Center for Geriatric-focused education and promotion of Gerontology Certification. The See the E, PEEK on Me framework serves as an effective model to reduce falls and has been replicated on inpatient units in efforts to promote patient safety. | | | | | | | | | | |
| | | <h3>References</h3> | | | | | | | | | | |
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