

Background

- A root cause analysis (RCA) was conducted after a patient fell and sustained a nondisplaced left nasal fracture.
- The Gero –psych team determined that patient's pants were too long, creating a tripping hazard.
- To address the clothing issue, the team examined available clothing designed for behavioral health patients in varying sizes.

Purpose

- To identify and implement appropriate, safe clothing options for geriatric behavioral health patients to prevent falls related to clothing hazards

Literature Review

Falls are a significant concern among older adults, with the highest fall risks observed in individuals aged 66–75, particularly in geriatric-psychiatric units (Adila & Begum, 2019). One key contributor to falls is improper clothing, such as extra-long pants that increase the likelihood of tripping. Ensuring older adults wear properly fitting clothing can help mitigate this risk (Health Resource Solutions, n.d.).

Methods

Evaluate Clothing Options

–Vendor's that sold specialized clothing for behavioral health patients were contacted. Suitable size options that reduced tripping hazards and improve safety were limited. The findings highlighted the need to customize a solution.

Implement "Velcro® Magic "

The practice change involved providing length hospital gowns and pants for patients shorter. Patients under 5'6 should not wear the gowns, to prevent fall risk. This adjustment aimed to ensure that clothing did not drag on the ground and reuse the risk of tripping and falling.



BH pants 3xl CG 5'1 (too long)



BH pants CG 5'6 (fits well)



Gown 3XL CG 5'1



Outcomes/Results

After successful implementation of Velcro Magic, no falls were attributed to patients tripping on behavioral health clothing.

Conclusions

Fall prevention is successful when clinical nurses engage in creating innovative solutions to meet the needs for their unique patient population. Continued monitoring and evaluation will be crucial to ensuring ongoing effectiveness and addressing any future.

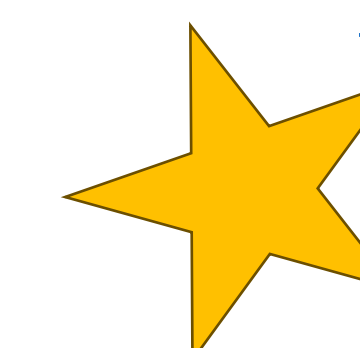
Next Steps/Future Research

- Continue to monitor fall prevention for low fall risk.
- Implementing this practice amongst all other Behavioral health geriatric units in the Cleveland Clinic.

References

Adila, & Begum, R. (2019). To Find Out the Prevalence and Various Risk Factors for Falls in Older Adults (60–75 Years) Community NCR Delhi. *Indian Journal of Physiotherapy & Occupational Therapy*, 13(1), 1–5. <https://doi-org.ccmmain.ohionet.org/10.5958/0973-5674.2019.00001.7>

Health Resource Solutions. (n.d.). *Fall prevention tips to consider*. Health Resource Solutions. <https://hrsusa.net/fall-prevention-tips-to-consider/>



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