



Enhancing Elderly Safety: Falls Prevention Strategies in a NICHE Unit at Kaiser Permanente Anaheim Medical Center, CA

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Background

- The incidence of falls among older adults is alarmingly high. In the United States, approximately 36 million falls are reported each year among individuals aged 65 and older, with one in four older adults experiencing a fall annually (Centers for Disease Control and Prevention [CDC], 2022).
- This project was initiated to reduce the risk of falls among elderly patients by implementing targeted interventions, ensuring that older adults in the NICHE unit receive care in a safe environment that minimizes fall-related injuries.

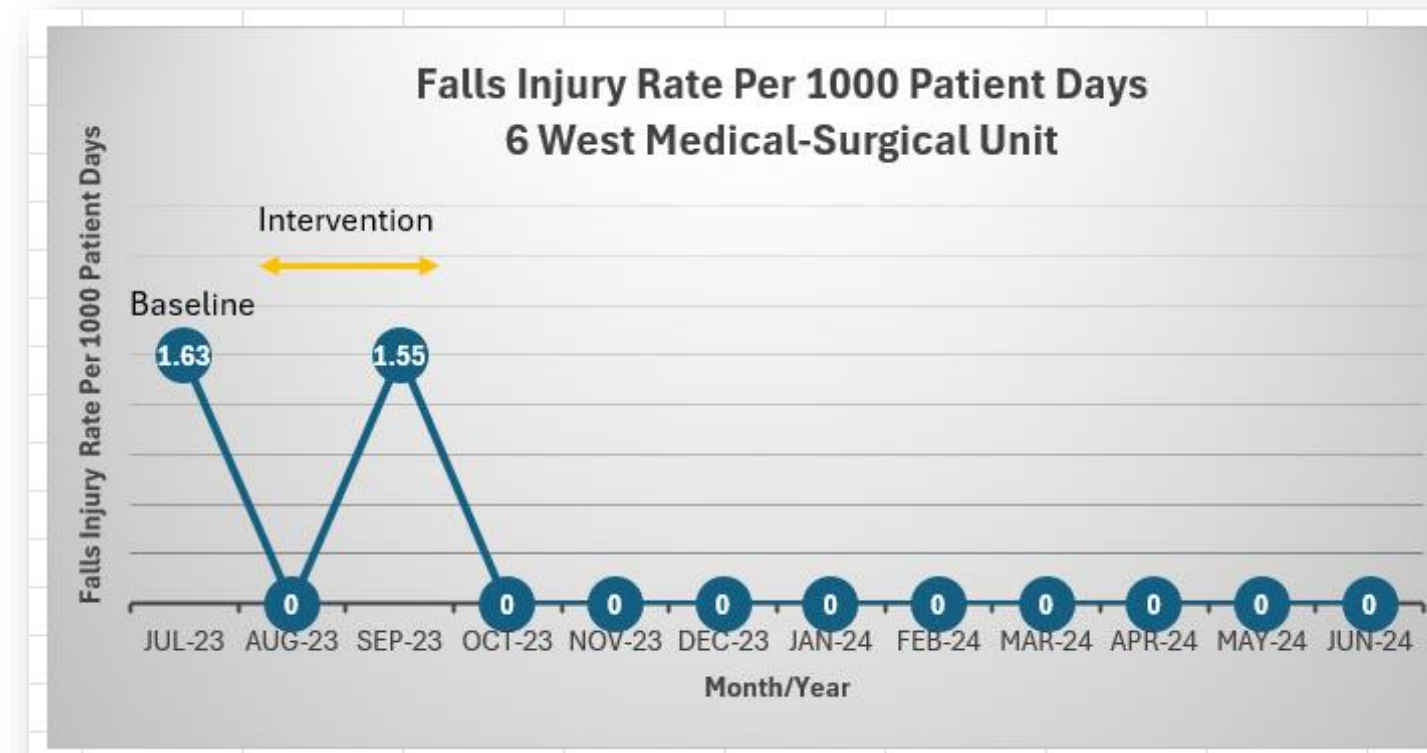
Purpose

- The primary objective of this quality improvement project was to lower the falls injury rate in a Medical-Surgical unit through a multi-faceted approach focused on identifying and preventing falls in high-risk patients.



Outcomes/Results

- In July 2023, the 6 West Medical Surgical Unit Falls Injury rate per 1000 patient days is 1.63.
- A performance improvement project using the PDSA cycle was implemented from August 2023 to September 2023.
- From October 2023 to June 2024, the falls with injury rate per 1000 patient days in a Medical-Surgical unit was zero.



Methods

- The team conducted a root cause analysis after the falls with injury event to identify causes and opportunities for improvement. The PDSA cycle was utilized.
- All patients were assessed for fall risks on admission and throughout their hospital stay
- Implemented the following fall precautions for all patients regardless of fall risk level.



Conclusions

- By focusing on fall prevention strategies like Purposeful Hourly Rounding, Proactive Toileting, and Improved Patient Education/Communication, we can work together to create safer environments for our patients and reduce the occurrence of falls.
- These efforts not only improved patient safety but also enhanced overall patient outcomes and satisfaction.
- The falls prevention performance improvement project leads to better outcomes among our elderly population.

Next Steps/Future Research

- The effective fall prevention strategies from this project was shared to other inpatient nursing units.
- There is an increasing falls related to toileting at our hospital. A quality improvement project will be initiated to implement evidence-based practices of preventing falls related to toileting.

References:

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