

# 1. Fall-Prevention-


## 1.1 Fall Prevention

L E H I G H V A L L E Y H E A L T H N E T W O R K

### Fall Prevention General Staff (Non-Nursing)

*Determining Risk, Implementing Interventions and Managing Falls*

888-402-LVHN LVHN.org



## 1.2 Course Information

### Course Information

<b>Course Title:</b>	Fall Prevention General Staff (Non-Nursing)
<b>Regulations/Standards:</b>	Joint Commission Requirements
<b>Approximate Time to Complete:</b>	15 minutes
<b>Content Version:</b>	Clinical Non-Nurse
<b>Intended Audience:</b>	All staff with direct patient contact
<b>Technical Specifications:</b>	This course DOES NOT contain audio.
<b>Date Revised:</b>	January 31, 2022
<b>Contact Information</b> Please forward any content questions or concerns to the Subject Matter Experts	610 402 8303

Please call the Technology Support Center at 610-402-8303 with any technical issues.

### 1.3 Outcomes from FY21

## Outcomes from FY21

**Reviewing FY21 All Lehigh Valley Hospitals Outcome Totals:**

Inpatients had a fall	<b>696</b>
↳ Inpatients incurred a serious injury	<b>3</b>
Transitional Skilled Unit (TSU) patients had a fall	<b>6</b>
Outpatients had a fall	<b>50</b>

### 1.4 Compared to Last Year

## FY22 Quarter 1

Lehigh Valley Hospital Cedar Crest and Muhlenberg	Total Falls	Falls with Injury
FY22 Quarter 1	<b>169 falls</b>	<b>2 with major injury</b>

**Root Cause for many of the events involved:**

- ✓ Lack of communication of fall risks during bedside shift reports and safety huddles
- ✓ Inconsistent patient rounding
- ✓ Patients at risk for falling who are allowed to toilet alone
- ✓ Failure to activate bed exit alarms

**Our passion for patient safety means we will work hard to decrease these numbers in FY22.**

## 1.5 Patient Safety and The Triple Aim

### Patient Safety and The Triple Aim

Our emphasis on patient safety has been one factor that has impacted our achievement of an overall decrease in falls in FY22.

#### Focus on the Triple Aim

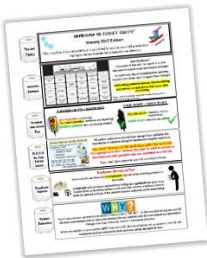
Better Care   Better Cost   Better Health

We continue to make improvements to our fall prevention program in response to evidence based care and best practice.

## 1.6 Resources

### Resources

- Do you know who your Fall Prevention coordinator is?
- Safe Patient Handling Committee
  - Promotes the roll out of new equipment and the continued use of ceiling lifts
- “**Toilet Tales**” newsletter  
This is a monthly informational tool provided to you by your fall prevention champion to highlight network-wide fall prevention endeavors.
- Epic



## 1.7 Thank You

### Thank You

The Joint Commission and our Magnet certification identify fall prevention as a patient safety concern so we will support collaborative efforts in our network that lead to improved patient safety.

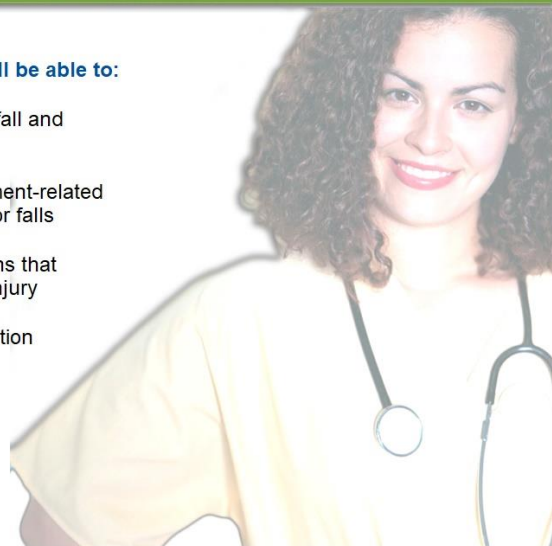


## 1.8 Objectives

### Objectives

Upon completion of this course, you will be able to:

- Identify patients most at risk for fall and injury from a fall
- List patient-related and environment-related factors that put patients at risk for falls
- Describe appropriate interventions that can prevent falls and minimize injury
- Explain the care and documentation required after a patient fall



## 1.9 Determining Risk

### Reasons for Patient Falls

How can we prevent patient falls?

The first step is to understand the reasons why a patient may fall.

Studies have identified two factors that account for most falls:



## 1.10 Patients at Risk

### Patients at Risk



## Toileting

### Patients at Risk - Toileting

#### Toileting



Patients who need assistance with toileting.

*Click to advance* 

## Mental Status

### Patients at Risk – Mental Status

#### Mental Status



Patients who are confused, impulsive, or disoriented.



## Assistive Device

### Patients at Risk – Assistive Devices

#### Assistive Devices



Patients who use an assistive device (walker, cane, or wheelchair).



## History

### Patients at Risk – History of Falls

#### History of Falls



Patients with a history of falls.



## Age

### Patients at Risk - Age

#### Age



Patients who are elderly.



## Post-Op

### Patients at Risk - Post-Operative

#### Post-Operative



Patients who are post-operative.





## Balance

### Patients at Risk - Balance

#### Balance



Patients who have balance and/or gait disturbance.



## Vision

### Patients at Risk - Vision

#### Vision



Patients who have vision problems.



## Weakness

### Patients at Risk - Weakness

#### Weakness



Patients who are weak or have been in bed a long time.



## Medications

### Patients at Risk - Medications

#### Medications



Patients who take medication for pain, blood pressure, anxiety, or sleep.



## Gender

### Patients at Risk - Gender

#### Gender



Research shows that on average, male patients have a higher incidence of falls.

[Replay](#) Or Click **NEXT** >

## 1.11 Altered Mental Status

### Altered Mental Status


Here are some safety tips that you should keep in mind when caring for a patient with an altered mental status:

1. Perform hourly rounding
2. Help orient the patient:
  - Provide visual cues, like a clock or family pictures by the bedside
  - Keep the white board in the patient room up to date
3. Frequently observe the patient – for example, use bed and chair checks and/or lap buddies as reminders. Notify the nurse if the patient is attempting to get out of bed without asking for assistance.



## 1.12 Environmental Hazards


### Environmental Hazards



Environmental hazards are primarily found in the patient's room

## 1.13 Environmental Hazards

### Environmental Hazards



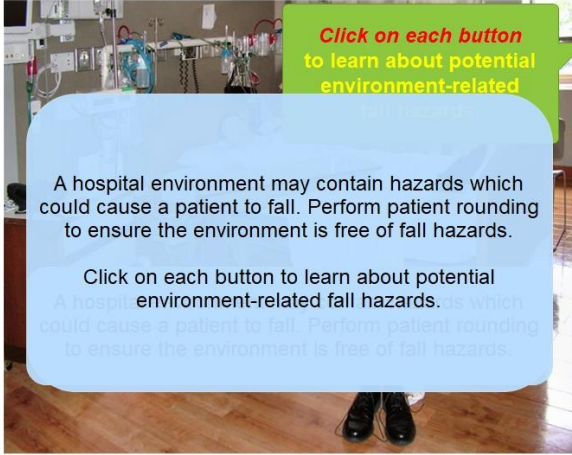
Click on each button to learn about potential environment-related fall hazards.

A hospital environment may contain hazards which could cause a patient to fall. Perform patient rounding to ensure the environment is free of fall hazards.

- Equipment / Telephone Cords
- Excessive Reach
- Footwear
- Inadequate Lighting
- Obstructed Pathway
- Re-Arranged Furniture
- Spills
- Tubing

## Intro

### Environmental Hazards



**Click on each button to learn about potential environment-related fall hazards.**


A hospital environment may contain hazards which could cause a patient to fall. Perform patient rounding to ensure the environment is free of fall hazards.

Click on each button to learn about potential environment-related fall hazards.

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## Excessive Reach

### Environmental Hazards



**Click on each button to learn about potential environment-related fall hazards.**

**Excessive Reach**


Keep all items that the patient uses within easy reach.

A hospital environment may contain hazards which could cause a patient to fall. Perform patient rounding to ensure the environment is free of fall hazards.

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## Footwear

### Environmental Hazards



**Footwear**  
Patients should wear non-skid socks or their own shoes.


A hospital environment may contain hazards which could cause a patient to fall. Perform patient rounding to ensure the environment is free of fall hazards.

*Click on each button to learn about potential environment-related fall hazards.*

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## Obstructed Path

### Environmental Hazards



**Obstructed Pathway**  
Keep all pathways clear. Keep the room clear of clutter or any items that could cause a fall.


A hospital environment may contain hazards which could cause a patient to fall. Perform patient rounding to ensure the environment is free of fall hazards.

*Click on each button to learn about potential environment-related fall hazards.*

- Equipment / Telephone Cords
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## Spills

### Environmental Hazards



**Spills**  
Spills can originate from many sources: food trays, visitor's refreshments, water pitchers, bed pans, etc.

A hospital environment may contain hazards which could cause a patient to fall. Perform patient rounding to ensure the environment is free of fall hazards.


**Spills need to be cleaned up immediately to eliminate potential slips and/or falls.**

Click on each button to learn about potential environment-related fall hazards.

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## Tubing

### Environmental Hazards



**Tubing**  
Keep all tubes and devices off the floor.


A hospital environment may contain hazards which could cause a patient to fall. Perform patient rounding to ensure the environment is free of fall hazards.

Click on each button to learn about potential environment-related fall hazards.

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## Telephone Cords

### Environmental Hazards



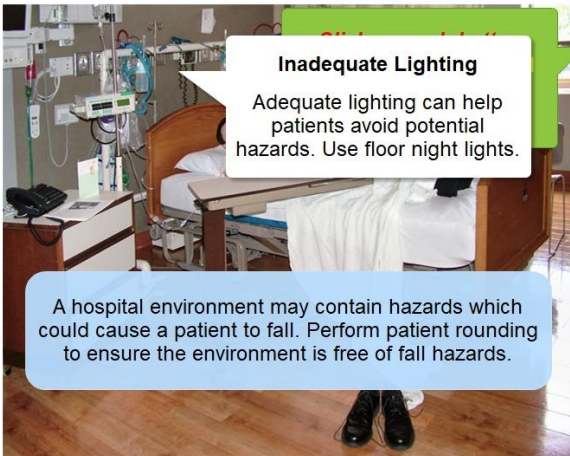
**Click on each button to learn about potential environment-related fall hazards.**

**Equipment / Telephone Cords**  
Keep all power cords out of the patient's path and off the floor whenever possible.  
Use cord bundlers to keep these items off the floor whenever possible.

- Equipment / Telephone Cords
- Excessive Reach
- Footwear
- Inadequate Lighting
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- Tubing

## Inadequate Lighting

### Environmental Hazards



**Inadequate Lighting**  
Adequate lighting can help patients avoid potential hazards. Use floor night lights.


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## Rearranged Furn

### Environmental Hazards



**Re-Arranged Furniture**  
Simply moving a chair to a different location can "un-familiarize" the patient with the room. This could result in the patient tripping over an unexpected obstacle.

A hospital environment may contain hazards which could cause a patient to fall. Perform patient rounding to ensure the environment is free of fall hazards.

- Equipment / Telephone Cords
- Excessive Reach
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- Re-Arranged Furniture
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- Tubing

### 1.14 Fall Prevention Interventions

### Fall Prevention Interventions

**Follow these fall prevention musts:**

1. Perform patient rounding; assessing patients for the "three P's" – pain, personal needs, and positioning.
2. Make sure call bell is within reach.
3. Keep all personal items nearby. Reaching for items has been identified as a cause of falls at LVHN during root cause analysis.
4. Prior to leaving room, make sure bed alarm is functioning properly. Test alarm on initiation, daily, and as needed.
5. Check for Orthostasis. Orthostasis is a sudden drop in blood pressure upon standing, or any change in position. Educate the patient to rise slowly and sit on the end of the bed for a few minutes. There are many medications that may cause a patient to experience orthostasis.
6. Assist patients who are at risk for falls in the bathroom or on the commode. Do not leave patients unattended.
7. Use hand over communications in regards to patient independence in the bathroom.
8. Use yellow socks, identification bands, and fall risk magnet to identify patients at risk for a fall.

## 1.15 Always Remember to:

### Always Remember to:



#### To prevent patient falls:

- Identify at risk patients
- Remind patients to call for assistance to get out of bed
- Follow Physical Therapy recommendations
- Use assistive and adaptive devices
- Make sure patients know how to use the call bell
- Answer call bells promptly and perform hourly rounding
- Apply non-skid socks or the patient's own shoes
- Assist patients with ambulation and transfers
- Properly reset bed alarms as needed

## 1.16 HoverJack Air Lift System

### Portable Lift Equipment

#### Post Fall Intervention

- Current available portable lifts (Mo-Lifts) are unable to lift above 560 lbs.
- The Mo-Lifts and/or the ceiling lifts cannot lift a patient with a suspected spinal injury safely from the floor.

## 1.17 HoverJack Air Lift System

### HoverJack Air Lift System

- The HoverJack<sup>1</sup> can accommodate up to 1200 lbs.
- A **back-board** can be placed on top of the HoverJack mattress.
- The HoverJack inflates in less than 2 minutes. The mattress and canister stores in the portable cart.
- Uses electricity to inflate. **(no battery backup available)**
- Call transport for delivery of HoverJack

#### HoverJack



Safely lifts patients who have fallen to bed or stretcher height

#### HoverJack Cart



Stores and transports HoverJack, HoverMatt and Air Supply

<sup>1</sup> **Note:** Not all locations have the HoverJack Air Lift System. Check with your supervisor if you have any questions.

## 1.18 Fall Hazards in the Patient Environment

### Fall Hazards in the Patient Environment

**Falls can occur as a result of hazards in the patient's environment. You can help prevent patient falls by:**

- Performing hourly rounding
- Checking locks on beds and wheelchairs
- Cleaning up spills promptly
- Eliminating clutter from patient walkways and hallways
- Checking for any loose equipment cords and securing them to the bedframe
- Placing the call bell and patient items within reach
- Following a timed toileting schedule
- Asking for assistance

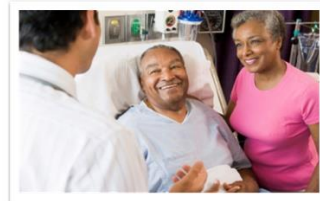


## 1.19 Review Safety Tips

### Review Safety Tips

#### Review safety tips with the patient and family:

- Use the call bell before getting out of bed or off the toilet
- Rise slowly and sit on the edge of the bed for a few minutes
- Wear your own shoes from home or non-skid socks
- Engage and partner with the family to keep the patient safe
- Educate the patient and their family on fall prevention



## 1.20 Fall Risk for Outpatients

### Fall Risk for Outpatients

**Patients are screened for fall risk in the outpatient areas as well.  
Patients in the outpatient areas are also at risk for falls.**



#### Ask adult patients in outpatient areas:

1. Do you use anything to help you walk?
2. Do you feel unsteady on your feet?
3. Have you fallen in the past year?

One positively answered question indicates potential risk for falls.

## 1.21 Outpatient Interventions

### Outpatient Interventions

**If a patient is identified as at risk, the staff in the outpatient department provides for the patient's safety.**

As appropriate, interventions will be implemented for outpatients identified at risk for falls and may include:

- Assist patient with ambulation to test/treatment area
- Monitor patient frequently during test/treatment
- Assist/accompany patient to examination area
- Consider use of assistive devices as needed (ie. wheelchair, walker, other transfer device)
- Remain with patient during study/treatment
- Assure environment is hazard free



## 1.22 You Make the Difference

### You Make the Difference

**Patient falls can be prevented. You are responsible for protecting the safety of your patients.**

- Be conscious of patient-related and environment-related factors that put patients at risk
- Implement fall prevention interventions to keep patients safe at all times
- Pay close attention to the patient who has fallen by following post-fall interventions
- Communicate fall risks to all caregivers
  - Interventions in place to prevent a fall may change during a shift
  - Hand over communication is important



## 1.23 Summary

### Summary

**You should now be able to:**

- ✓ Identify patients who are most at risk for fall and injury from a fall
- ✓ List patient-related and environment-related factors that put patients at risk for falls
- ✓ Describe interventions that can prevent falls and minimize injury