



REDUCING FALLS AND INJURIES FROM FALLS

safer healthcare
now!

Goal

TO REDUCE FALLS AND INJURY FROM FALLS BY 40% IN PARTICIPATING ORGANIZATIONS

Background

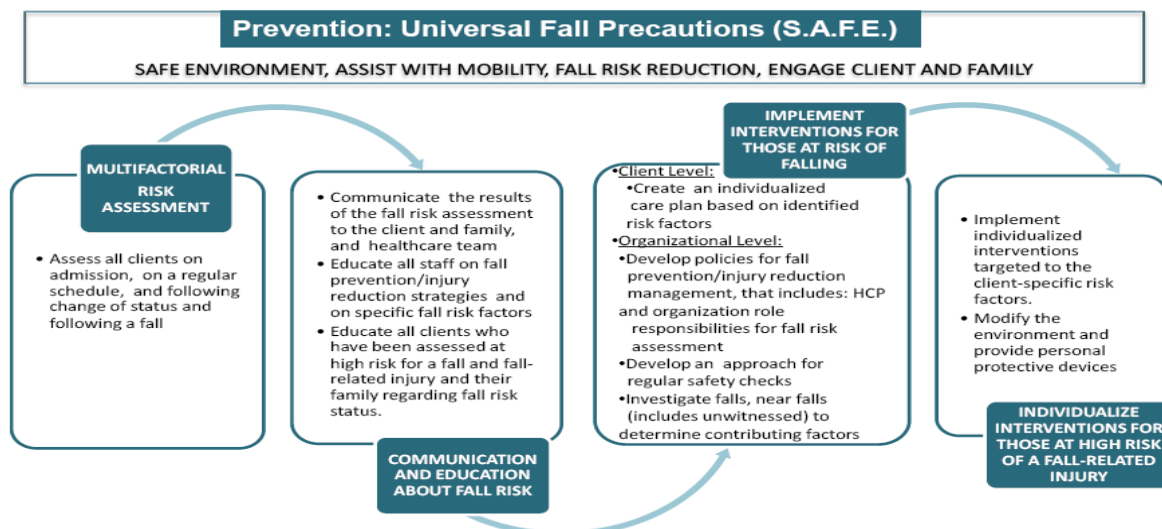
- More than one third of individuals 65 years or older experience a fall and the risk increases with the more risk factors an individual has and a diagnosed history of falls or cognitive impairment.^{1,2,3}
- Fall-related injuries are known to be the leading cause of injury for seniors across all Canadian provinces and territories and account for over 85 per cent of all injury-related hospitalizations.⁴
- Falls increase the risk for early death and can make it difficult for individuals to live independently.^{5, 6}
- According to the “Report on Seniors Falls in Canada” a 20 per cent reduction in falls would result in a national savings of \$138 million annually.⁷

Intervention

There are five main components to fall prevention/injury reduction intervention strategies where staff in acute care, long-term care, and home health care can make a difference towards fall prevention and injury reduction.

The components include:

1. Prevention: Universal Fall Precautions (SAFE)
2. Multifactorial Risk Assessment
3. Communication and education about fall risk
4. Implementation of interventions for those at risk of falling
5. Individualize interventions for those at high risk of fall-related injury



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Intervention Measures

Acute Care and Long Term Care Measures

There are seven measures for Acute Care and eight Measures for Long Term Care:

Acute and Long Term Care

1. Fall Rate per 1000 Patient/Resident Days (Outcome Measure)
2. Percentage of Falls Causing Injury (Outcome Measure)
3. Percentage of Patients/Residents with Completed Fall Risk Assessment on Admission (Process Measure)
4. Percentage of Patients/Residents with Completed Fall Risk Assessment following a Fall or Significant Change in Medical Status (Process Measure)
5. Percentage of "At Risk" Patients /Residents with a Documented Fall Prevention/Injury Reduction Plan (Process Measure)
6. Restraint Use (Balancing Measure)
7. Injury Rate related to falls (Fall Related INJURY Rate) per 1000 patient/resident days (Outcome Measure)

Long Term Care only

8. Percentage of residents physically restrained daily on the most recent RAI assessment



Core Measures - Home Health Care

There are six measures for Home Health Care:

1. Fall Rate per 1000 Clients (Outcome Measure)
2. Percentage of Falls Causing Injury (Outcome Measure)
3. Completed Fall Risk Assessment on Admission (Process Measure)
4. Fall Risk Reassessment Completed Following a Fall or Significant Change in Medical Status (Process Measure)
5. Percentage with Documented Fall Prevention/ Injury Reduction Plan (Process Measure)
6. (NEW) Restraint Use (Balancing Measure)

Success Stories

Safer Healthcare Now! in partnership with the Registered Nurses' Association of Ontario hosted the National Collaborative on the Prevention of Falls in Long-Term Care. The initiative aims were to decrease the number of falls and reduce fall injuries in residents living in long-term care settings across Canada, by 40 per cent. Innovative ideas, the involvement and input of all employees and the education of family members have led to a significant decrease in the number of falls at the Kristus Darzs Latvian Home in Woodbridge, Ontario. In April 2008, before the Falls Collaborative began, the home reported 29 falls. Eight months into the project, the number of falls had been reduced to ten.

Jewish Eldercare Centre in Montreal (Quebec) participated in the National Falls Collaborative to support the development and implementation of a fall prevention program, which includes: a restraint-free environment; using restraint alternatives; taking vitamin D and calcium; environmental measures such as transfer poles, low beds with four bedrails; educational sessions for all staff; and ongoing follow-up. Since the closing of the *Safer Healthcare Now!* National Falls Collaborative, the rehabilitation team continues to coordinate falls prevention initiatives and work on new opportunities as they arise.

References

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