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Going Off The Rails: Removing Bedrails , Changing Culture

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Rationale for the Project

When: January 1st - August 31st 2016

Who: Residents, Families, Nursing and Allied Staff (OT, PT), Administration of Maplewood.

Why: To explore research developments and innovative continuous quality improvement practice. Specifically:

- Minimize the risks to residents due to improper use of bedrails, such as serious bodily injury or death
- Cultivate person centered care and increase self-determination, independence, self esteem
- Promote resident safety while decreasing agitation, isolation and depression



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Evidence Based Best Practice = Quality





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The Goal of the Project or Strategy

- Eliminate the **routine use** of bedrails in Maplewood
- Develop supportive initiative tools (protocol, risk assessment, communication documents)
- Devise stakeholder education program
- Secure stakeholder buy-in to embed practice
- Deploy a phased-in project approach
- Promote a safe and person centred environment!



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Measures

- Measured the number of falls from beds with bedrails and the levels of severity of injury (prior and post project at eight month intervals)
- 23 Residents with bedrails, 25 without

Overall:

- At baseline: 9 falls from 8 residents (at 1-4 severity levels)
- At follow-up: 10 falls from 8 residents (1-3 severity levels) **with bed rails**; 14 falls from four residents **without bed rails** (1-2 severity levels, one at level 3)

Also Noted:

- At six month pre and post project: bed rails removed from nine residents, no documented falls (no increase)



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Tips & Tools for Others

- Research and collect evidence on best practice; determine if it would be beneficial; check your resources; pick champions; develop education for staff, residents/families; consider the length of trial needed; trial, listen, be open to input and evaluate
- Involve families on quality improvement teams
- Give evidence based best practice education to residents and families so they can make informed decisions; Share results of risk assessment with them; solicit feedback



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