

INJURIES FROM FALLS AND IMMOBILITY

CASE FOR CHANGE



One out of five individuals who fall suffer from moderate to severe injuries such as lacerations, hip fractures, or head traumas.¹

The total charges for fall-related hospitalizations in the United States average

\$31,000,000,000

annually.

The average charge per hospitalization is over \$30,000.¹



65+

In addition to medical costs, falls also contribute to a decreased ability to perform household tasks, a reduced quality of life and for those over 65 they may result in loss of independent living.¹

Reduce injuries from falls and immobility by

20
PERCENT
by 2019.

BOLD AIM & KEY DRIVERS

- ◀ Intervention Priorities
- ◀ Monitoring and Surveillance
- ◀ Communication and PFE

KEY LEARNING

- Engage multidisciplinary teams in the process by creating awareness, training, and education around current evidence-based practice
- Engage and educate patients and families
- Implement risk assessments on admission and whenever clinical status changes
- Standardize interventions for patients at risk for falling or decreased mobility
- Customize interventions for highest risk patients

RAPID CYCLE INNOVATIONS

Intervention Priorities

- Assemble an interdisciplinary team and develop an aim statement that reflects your organization's Fall Prevention goals
- Educate and ensure that Fall Prevention education is provided at new employee orientation and ongoing education throughout the year (Ex. Monthly staff meetings and competency/skill fairs)

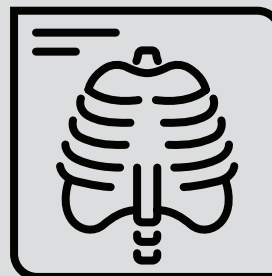
Monitoring and Surveillance

- Implement the "no pass rule" for all employees
- Consider sleep cycles for inpatients. Improve light and sound levels during the night and encourage patient to be awake and active during the day if possible

Communication and PFE

- Identify physical and mental barriers regarding fall prevention
- Discuss normal routine with patient and family to tailor interventions

MEASURES



Process:

- Fall risk assessment on admission

Outcome:

- Fall resulting in fracture or dislocation
- Fall resulting no apparent injury rate
- Fall resulting in minor injury rate
- Fall resulting in moderate injury rate
- Fall resulting in major injury rate
- Fall resulting in death rate
- Count of assisted falls

Source:

1. Centers for Disease Control and Prevention, Important Facts about Falls
<https://www.cdc.gov/homeandrecreationsafety/falls/adultfalls.html>