FALLS PREVENTION IN ADULTS 65 YEARS AND OLDER IN THE LTCF
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PROBLEM STATEMENT
Falls are a major problem in the United States with fatal falls costing an estimated $754 million in 2015.
• In a 150 bed LTCF around 20-30 falls occur monthly
• The elderly experience the highest fall rates among age groups
• Lack of adequate fall prevention processes in the project setting

PROJECT PURPOSE
The purpose of this project is to implement a fall prevention QI process that incorporates evidence-based practices at an LTCF located in central Florida.

The objective of the project is to implement an hourly rounding process with the aim of decreasing or preventing falls.

By providing education to nursing staff, and leveraging the hourly rounding technique, the aim is to reduce the frequency of falls within the facility by at least 50% within a two-month period

MODEL/NURSING THEORY
The Six Sigma model was used to improve the processes around fall prevention. There are five steps in the model:
• Define project purpose and scope
• Measure baseline data on current processes
• Analyze root causes and validate against data
• Improve the process by addressing root causes of the major issues
• Control the documentation of results by performing and after analysis

METHODS

Subjects (Participants)
LTCF residents 65 years and older.

Setting
A 150 bed LTCF located in central Florida

Instruments/Tools
Rounding competency checklist
Daily hourly rounding log
Weekly hourly rounding log
Hourly rounding checklist

Intervention and Data Collection
The QI project will focus on implementing a fall prevention process on hourly rounding to address 5 Ps (pain, position, potty, possession, and pumps)

Interdisciplinary team to discuss implementation and education dates of hourly rounding process.

Fall prevention education to staff hourly rounds on each shift Introduction of hourly rounding forms Data collection and analysis.

RESULTS

Average Number of Falls per week

Number of Falls per Shift

DISCUSSION
This quality improvement project discovered that falls prevention can be challenging.

By implementing a standardized evidence-based hourly rounding tool APRNs can impact the incidence of resident falls.

SUSTAINABILITY
The LTCF staff can sustain this project by continuing to use the tools with their day to day practice.

Any resulting reduction in costs, injury and death will provide the business case for the project’s continuation.

REFERENCES


Falls Prevention techniques have reduced weekly falls by an average of 14%