

## Background

- In-patient falls can result in poor patient outcomes, increased length of stay and costs
- Up to 50% of all in-patient falls are related to toileting.<sup>1,2,3</sup>
- In hospitalized patients over age 65, toileting can account for up to 83% of falls.<sup>4</sup>
- On average 70% of Davis 14 patients are age 65 +
- This fiscal year, 18 patients on Davis 14 fell within the first 4 months, compared to 36 total in the entire previous year.
- Root Cause Analysis for each fall this fiscal year demonstrated that 64% of falls were related to toileting.
- Safe mobility and increased function decreases falls
- BMAT assessment once per shift



## Purpose

The purpose of this project is to decrease the number of falls on Davis 14 from the previous fiscal year by 10%.

## Methods/Process

1. D14 falls committee created November 2020 and completed A3
2. Identified need for bedside audit in February 2021
3. Created audit tool in February 2021
4. Completed audits in March 2021

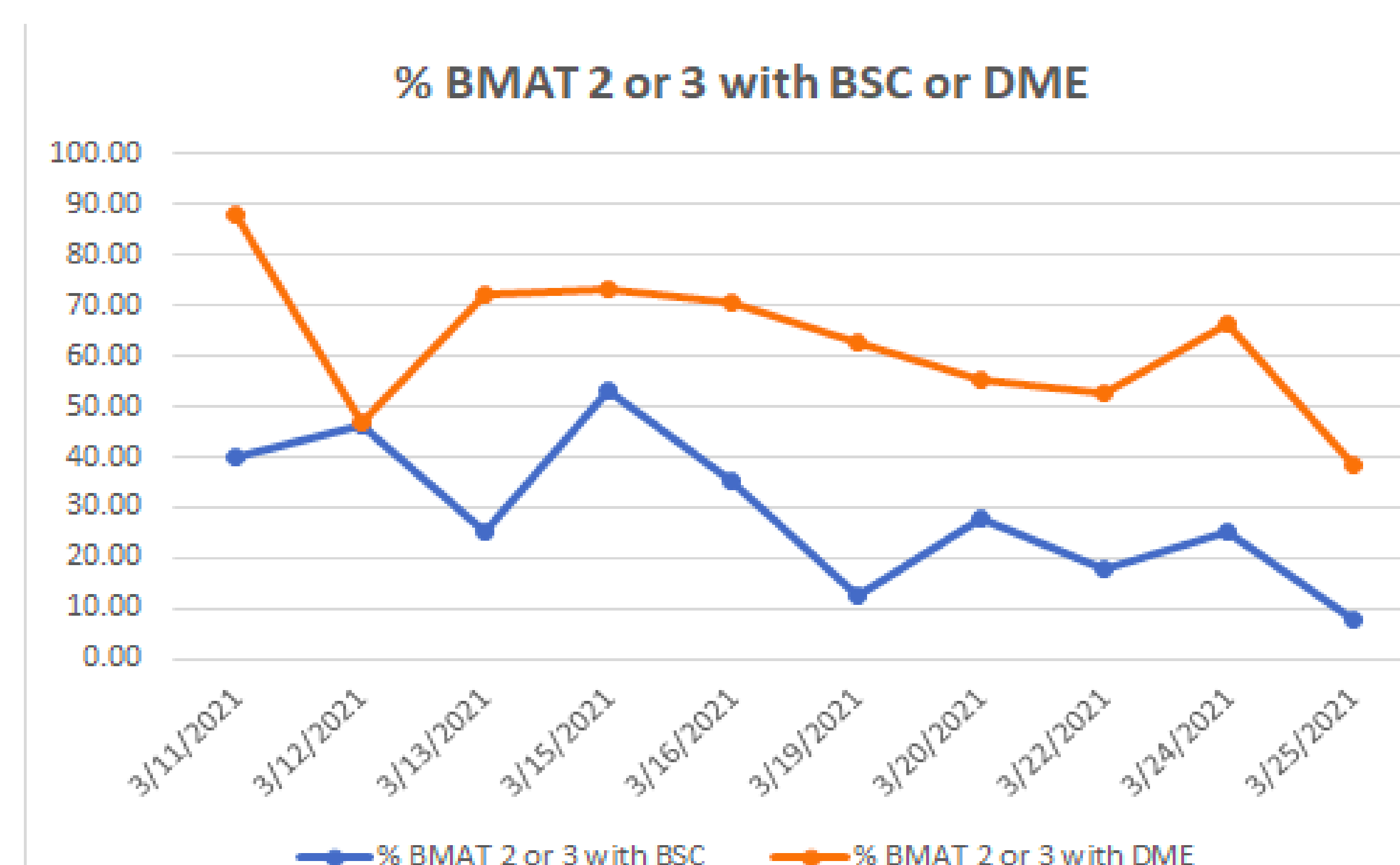
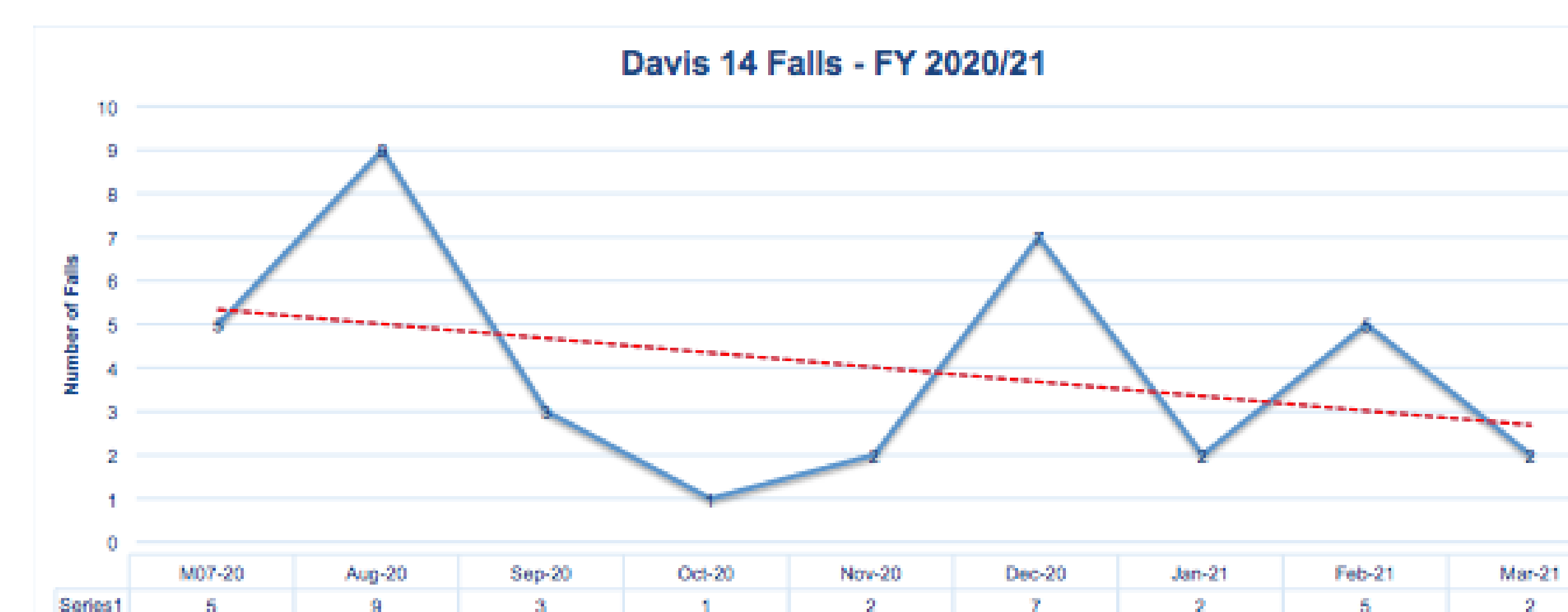
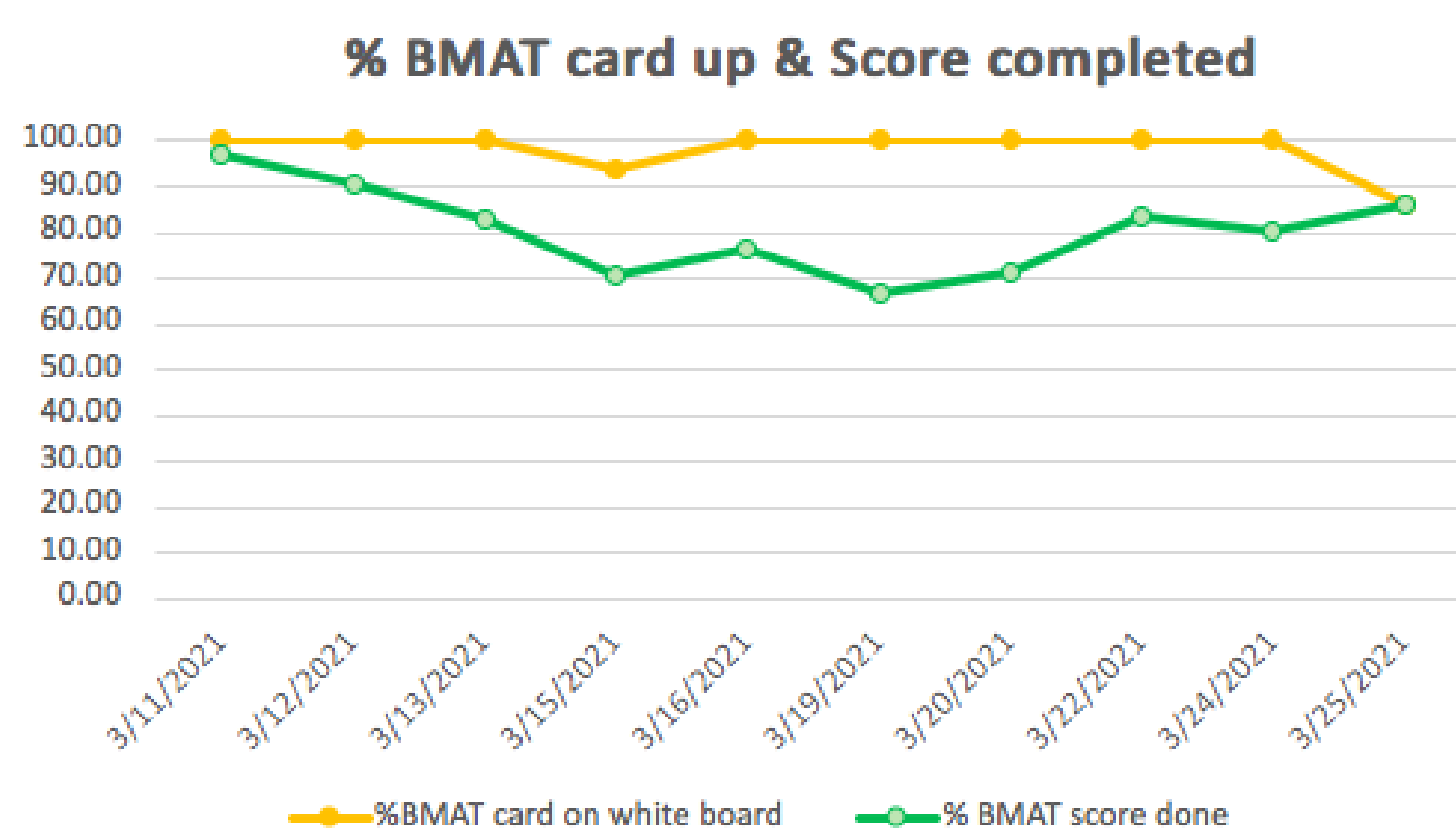
## Implementation

1. Shared knowledge with 72 Staff Nurses
  - ❑ Fall Prevention reminders during pre-shift Safety Huddles November – Present
    - Bed alarms, hourly rounding, 4 P's (Pain, Position, Potty, Personal items), encouraged staff staying with patient during toileting, utilization of BMAT scores
  - ❑ Presented Fall Prevention PowerPoint in November 2020 and again in April 2021
    - Shared A3 process with toileting identified as our focus for improvement
    - Reviewed fall prevention expectations
    - Emphasized importance of mobility assessment in fall prevention
2. Audits
  - ❑ Performed by student nurse externs 10 days in March 2021

		D14 Audit BMAT, DME					Audit Date: _____				
ROOM	BMAT card on white board	BMAT score					BSC set up & at Bedside (N/A if w/foley)			DME at bedside (walking aides: i.e. walker/cane)	
147431	YES NO	1	2	3	4	NONE	YES	NO	N/A	YES	NO
147432	YES NO	1	2	3	4	NONE	YES	NO	N/A	YES	NO
147451	YES NO	1	2	3	4	NONE	YES	NO	N/A	YES	NO

## Results

- Overall decrease in number of falls each quarter
- Average 98% white boards with BMAT card, average 81% filled out
- Average 29% with BMAT 2 or 3 had a commode and average 63% had assistive mobility devices set up



## Conclusion

By providing staff Nurses with knowledge and resources related to fall prevention we have seen a decrease in number of falls. While we did not decrease falls by 10%, we are hopeful that this study will lead to an improvement in standard of care hospital-wide for high fall risk patients.

## Next Steps

1. Share audit data with staff.
2. Reinforce BMAT education and commode/DME use for score 2 or 3.
3. Reaudit performance by June 2021.

## Implications

Hopefully by improving practice and knowledge about safe mobility by using the BMAT, it will help ensure safe toileting and prevent falls.

## References

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2. Sato, N., Hase, N., Osaka, A., Saiyoo, K., & Katoh, S. (2018). Falls among Hospitalized Patients in an Acute Care Hospital: Analyses of Incident Reports. *The Journal of Medical Investigation*, 65(1.2), 81-84.
3. Tzeng, H.-M. (2010). Understanding the prevalence of inpatient falls associated with toileting in adult acute care settings. *Journal of Nursing Care Quality*, 25(1), 22-30.
4. Hitcho, E. B., Krauss, M. J., Birge, S., Claiborne Dunagan, W., Fischer, I., Johnson, S., Nast, P. A., Constantinou, E., & Fraser, V. J. (2004). Characteristics and circumstances of falls in a hospital setting: a prospective analysis. *Journal of general internal medicine*, 19(7), 732-739

## Acknowledgements

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