Engaging Patient and family in reducing the risk of patient harm resulting from falls

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ABSTRACT

Purpose: The purpose of this project was to ensure with “ZERO" patient fall in the ward areas.

Awareness of patient and family engagement in the fall prevention teaching plays a vital role in fall prevention efforts.

The nursing team enhanced and cultivated the adherence to safety precautions with patient teaching from their admission time.

Methods: Incident reports raised from each ward area were used for collecting the patient fall data. The MSMA software was used for raising incidents.The data was manually analysed by the quality nurse. The fishbone tool was used to analyse and present the data.

The mandatory staff trainings and customised patient and family teaching were done.

Results and Conclusion: The effective staff training and patient and family engagement in fall prevention awareness has reduced the patient falls from 5 to ‘zero’ in ward areas.

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INTRODUCTION

Fall prevention in hospital is a critical aspect of healthcare and safety.
Fall prevention refers to a set of strategies and measures aimed at reducing the risk of individuals especially vulnerable ones.

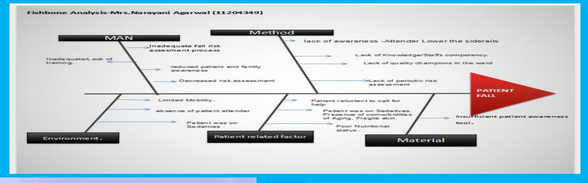
Effective fall prevention in hospitals involve combination of nursing care methods as well as patient and family awareness.

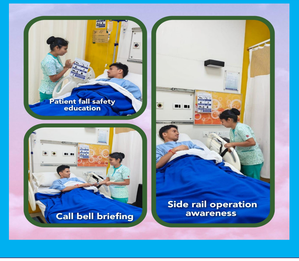
The key causes for the patient fall were found as:

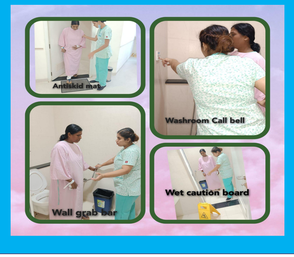
- ❑ Patient was on sedatives, but while going to washroom, did not call for help even though callbells were at reach.
- ❑ Patient disoriented, but went to washroom without calling for help and attender was sleeping
- ❑ The patient was vulnerable ,but attender was not accompanying him.
- ❑ The attender allowed the vulnerable patient to go washroom alone, not called for help either.
- ❑ The attender lowered the side rails and while turning the patient fell down.

METHODS AND MATERIALS

- **Data collection methods :Incident report**
- **Source of data collection:MSMA (software for incident reporting)**
- **Study tool: Ishikawa**
- **Duration of audit: 2022January- 2023 August**







RESULTS

The staff training during induction and ongoing training program aswell as 100% patient and family awareness from admission tothe ward and empowering quality champions in the ward has improved the fall prevention

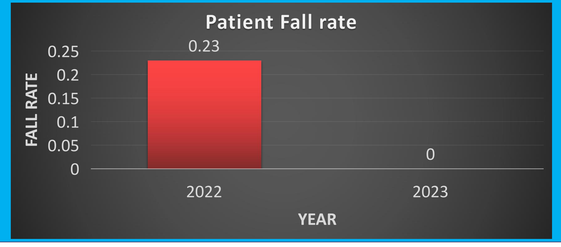
There were 5 patient falls in the ward areas in 2022 and “zero” patient fall in 2023 till August.

The nursing team used prevention technique like:

- **Customized education of the client**
- **Clear communication**
- **Active client engagement**
- **Visual aids & signage and floor markings**
- **Regular reinforcement of prevention strategy**
- **Risk assessment on admission a well as shiftwise reassessment**
- **Handy Education materials to the risk patients.**
- **Outcome measurement by tracking the incidence**

GRAPHS AND TABLES

Year	2022	2023 (till August)
No of patient fall	5	0
IP days	21625	21214
Fall rate	0.23	0



DISCUSSION

Since the nurse to patient ratio is reduce in ward areas compared to critical care areas, patient and family engagement plays a vital role in the prevention of patient fall.

The RCA for patient fall in the year 2022 have been found as reduced partnership of patient and family in implementing the existingsafety measures. The ward staffs and incharges were retrained and followed up on the implementation of safety measures with patient and family involvement in the same.

Patient engagement in fall prevention is a collaborative effort between nurses and patients. It empowers individuals to take an active role in their health and can significantly reduce the risk of falls, articularly in elderly.

CONCLUSIONS

Patient involvemet in fall prevention not only enhances patient safety but also improves overall patient outcomes.

Empowering patients to take an active role in their own safety fostersa sense of ownership and responsibility for fall prevention. Effective fall prevention efforts with patient and family engaging have the potential to enhance the quality of life of individuals ,thus reduce healthcare costs.

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