

# Elderly Falls Prevention in Nursing Home Context

## An Intervention Project (Oct. 2010/Feb. 2011)

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### Background

Elderly falls are a major health problem recognized worldwide, being associated with high rates of mortality and morbidity, as well as multiple individual, familiar and community costs. Usually, elderly falls in nursing homes occur more often and with more severe consequences than those occurred at home. Prevalence falls in nursing home context are considered a quality indicator sensitive to nursing care.

### Purpose

The goal of this project was to implement a systematic nurse intervention on residents falls prevention at a 100 bed capacity nursing home.

### Method

The project was based on Morse's Fall Prevention Program (2009), following the 6 steps recommended: obtain administrative support, conduct an environmental safety check, obtain baseline data, establish monitoring system, prepare staff and appoint an interdisciplinary assessment team.

### Results

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#### Administrative Support

The nursing home coordinator supported and co-orientated the project

#### 2 Environmental Safety Check

Environmental and equipment checklists adapted and applied

- Short and long term suggestions
- Periodical assessment by reference Nurse

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#### Baseline Data

Data analysis of fall events recorded in the nursing home from the 1<sup>st</sup> of October of 2009 until the 30<sup>th</sup> of September of 2010

- Total of 90 residents in the analyzed period
- 72 fall events recorded
- 51,4% falls occurred in the morning, 31,4% in the afternoon and 17,1% at night
- 31 residents felled (↑recurrent falls)
- 38,7% Injury rate recorded

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#### Monitoring System

Fall Risk Evaluation – Morse Fall Scale

- Author has authorized the translation, adaption and utilization of the scale
- Morse's Risk Fall Scale is currently applied to all residents by their responsible nurse. This evaluation is registered on resident's chart, and its impact on several dimensions is considered in nursing care planning.

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#### Prepare Staff

- Informal meetings with nursing staff with discussion about fall risk assessment and intervention strategies
- Formal team meeting discussion of results and strategies proposal
- Education session

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#### Interdisciplinary Assessment Team

- High Risk Residents are referenced by responsible nurse to interdisciplinary assessment

### Project Continuity

- Monitoring committee created to follow the work in progress
- Reference fall prevention Nurse
- Data analysis after one year, for project evaluation

#### References

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