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Casey Hernandez

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**Authors**

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# Patient Fall Reduction Quality Improvement Project

Neurosurgical / Neurology Unit, Covenant Medical Center

Stephanie Dunkle, MSN, RN; Lauren English, BSN, RN; Alexa Baughman, BSN, RN; Casey Hernandez, BSN, RN; Sarah Langley, BSN, RN; Mindy Starch, MSN, RN & Jamie Roney, DNP, RN-BC, CCRN-K



## Background

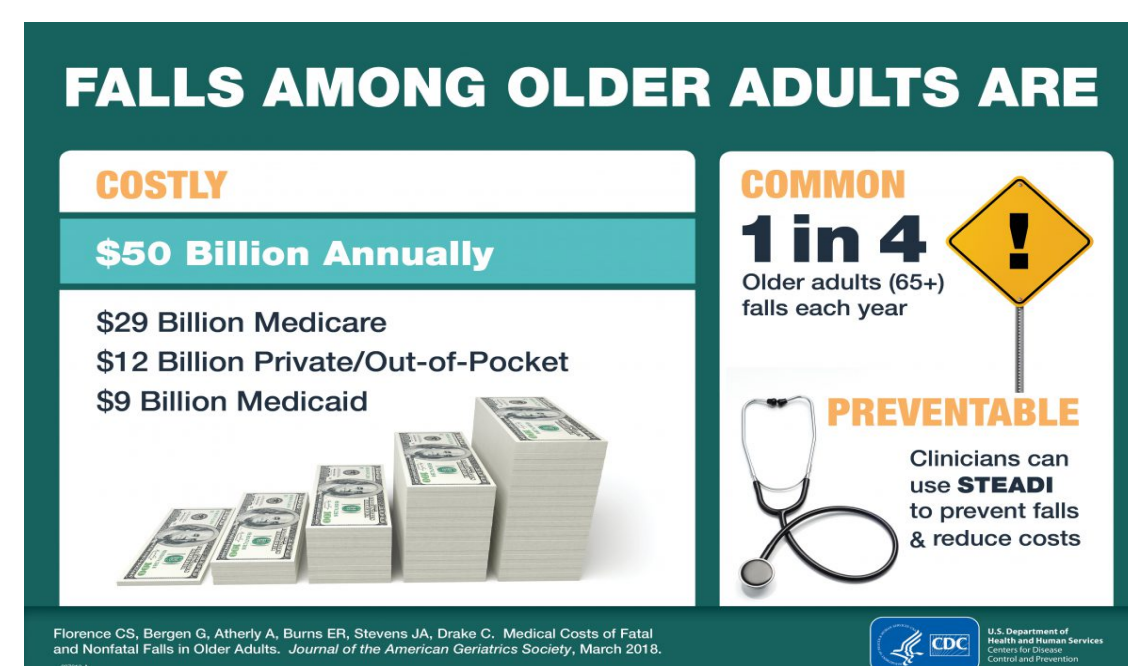
- In December 2017, Stephanie Dunkle, MSN, RN, Covenant Medical Center Neurological Telemetry Unit Nurse Manager, observed an increase in patient falls on her unit.
- Findings were shared with the unit staff during staff meetings.
- Direct care nurses (Alexa Baughman, BSN, RN; Sarah Langley, BSN, RN; and Mindy Starch, BSN, RN) volunteered to work with two unit charge nurses (Lauren English, BSN, RN and Casey Hernandez, BSN, RN) to work as a unit fall reduction team to reduce falls of patients admitted to their floor.

## Purpose

The Neurology Telemetry Unit total fall rate per 1,000 patient days for December 2017 was 4.56

## Goal Statement

To reduce the Neurological Telemetry Unit total patient falls per 1,000 patient days rate.

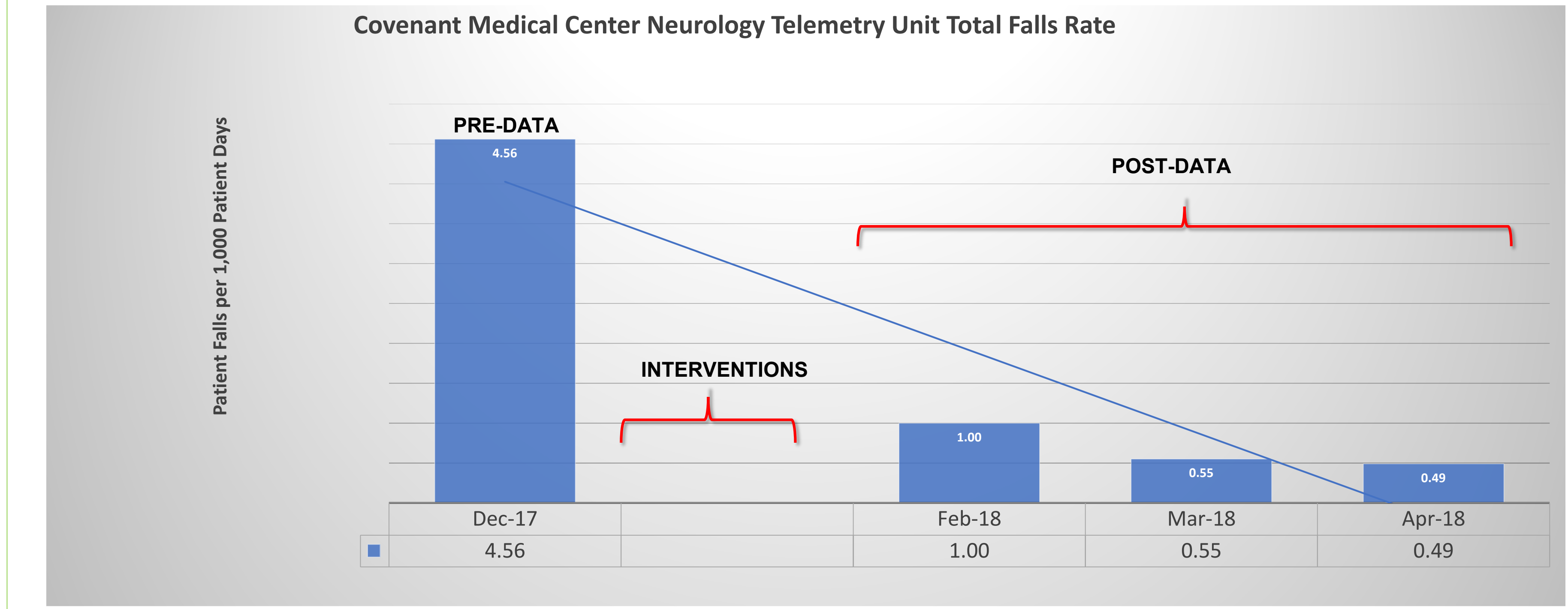
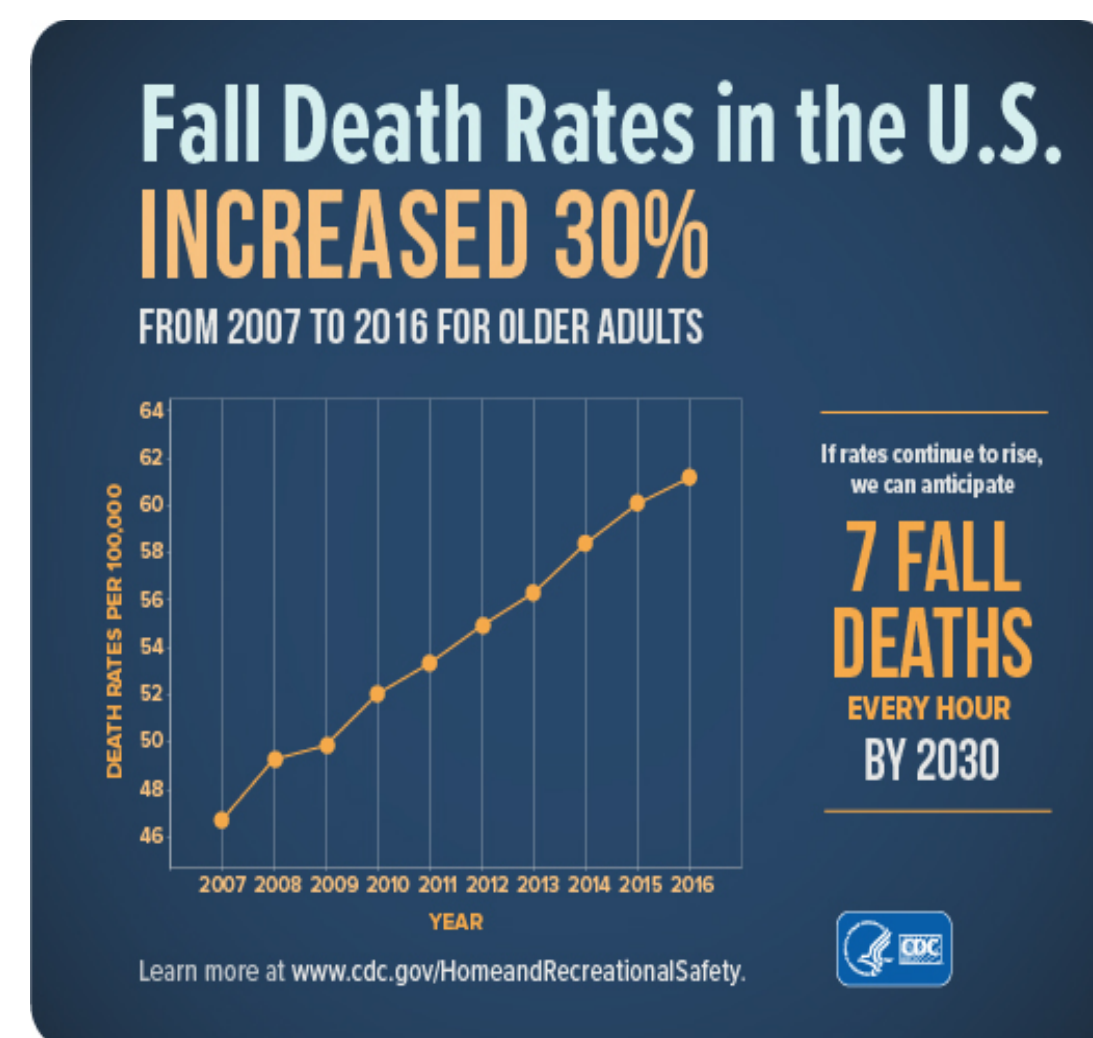


## Methods

- In January 2018, new processes, including work environment redesign, for reducing patient falls were developed by the unit's fall reduction work group.
- A magnetic communication board was placed in the nurse's lounge.
- Oncoming and off going charge nurses moved shift huddle to the nurse's lounge emphasizing patients with an increased risk for falls.
- Charge nurses placed a magnet by the room number of patients at high risk for falls.

## Impact

Caregivers have increased visibility and awareness of fall risks when starting their shifts and during breaks taken in the nurse's lounge.



## Outcome

Following changes to the work environment, total falls per 1,000 patient days on the Neurological Telemetry Unit decreased.

- December 2017 rate was 4.56 falls per 1,000 patient days
- February 2018 rate was 1.00 falls/1,000 patient days
- March 2018 the rate was 0.55 falls/patient days
- April 2018 rate was 0.49 falls/1,000 patient days

## Discussion

- Nurses represent one of the most innovative groups of professionals in the workforce.
- When presented with a problem, nurses find solutions.
- Nurse leaders should engage direct care nurses in solving problems impacting care delivery and nursing practice.

**Falls are Preventable!**

## Conclusion

- What works for one unit of nurses may not work for other units due to unique care environments and cultures.
- Fall reduction on the Neurosurgical/Neurology Unit at Covenant Medical Center was reduced by nurses leading practice environment and workflow changes in their own practice setting.