

National Quality Improvement Conference

A Person Centered Care Approach in Fall Prevention

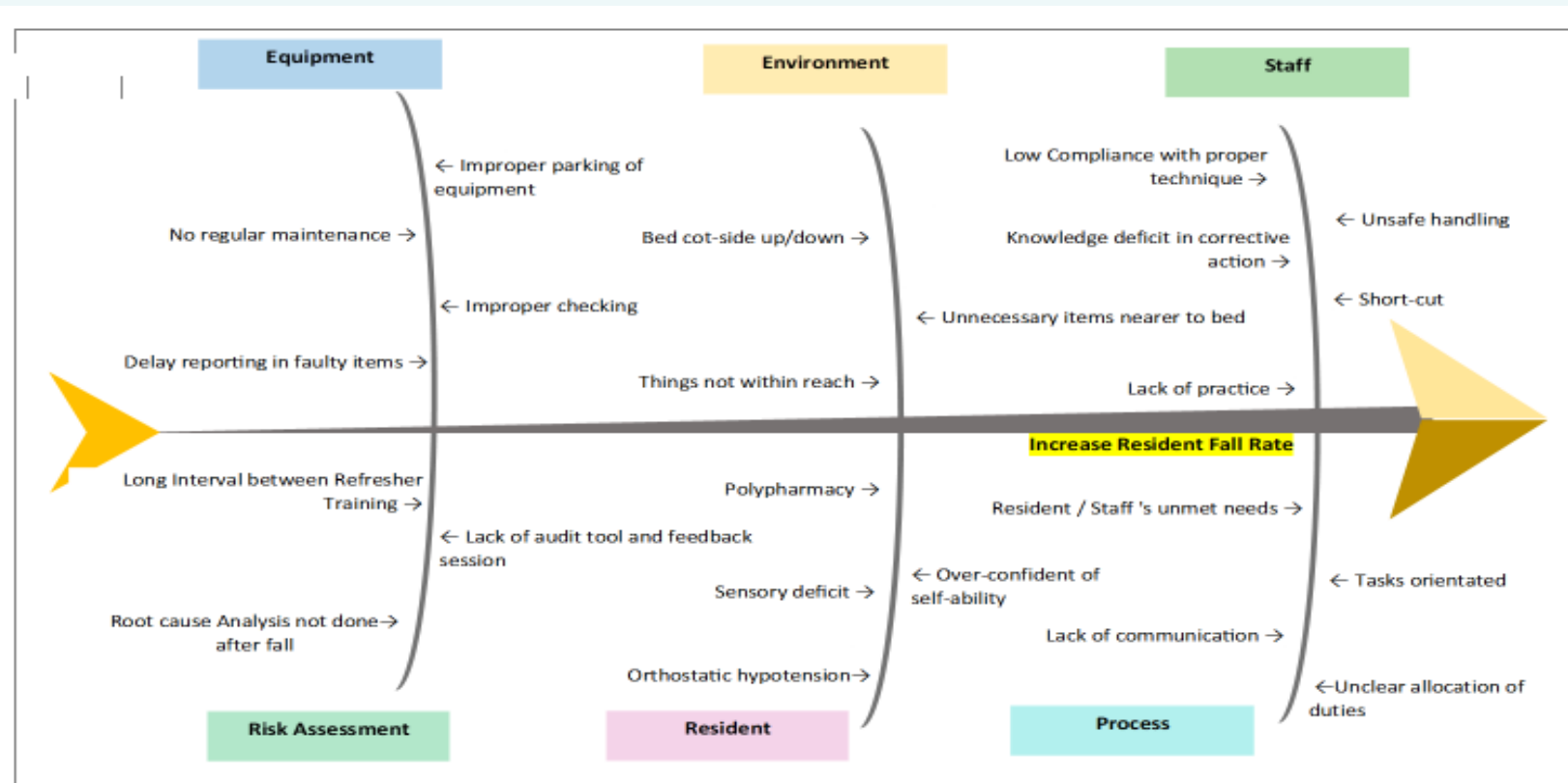
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Problem Statement

Fall prevention and management team identified the needs of effective care plan to **reduce fall** and its impact through **Person Centered Care** approach to improve **quality of life** for the residents in Lions Home.

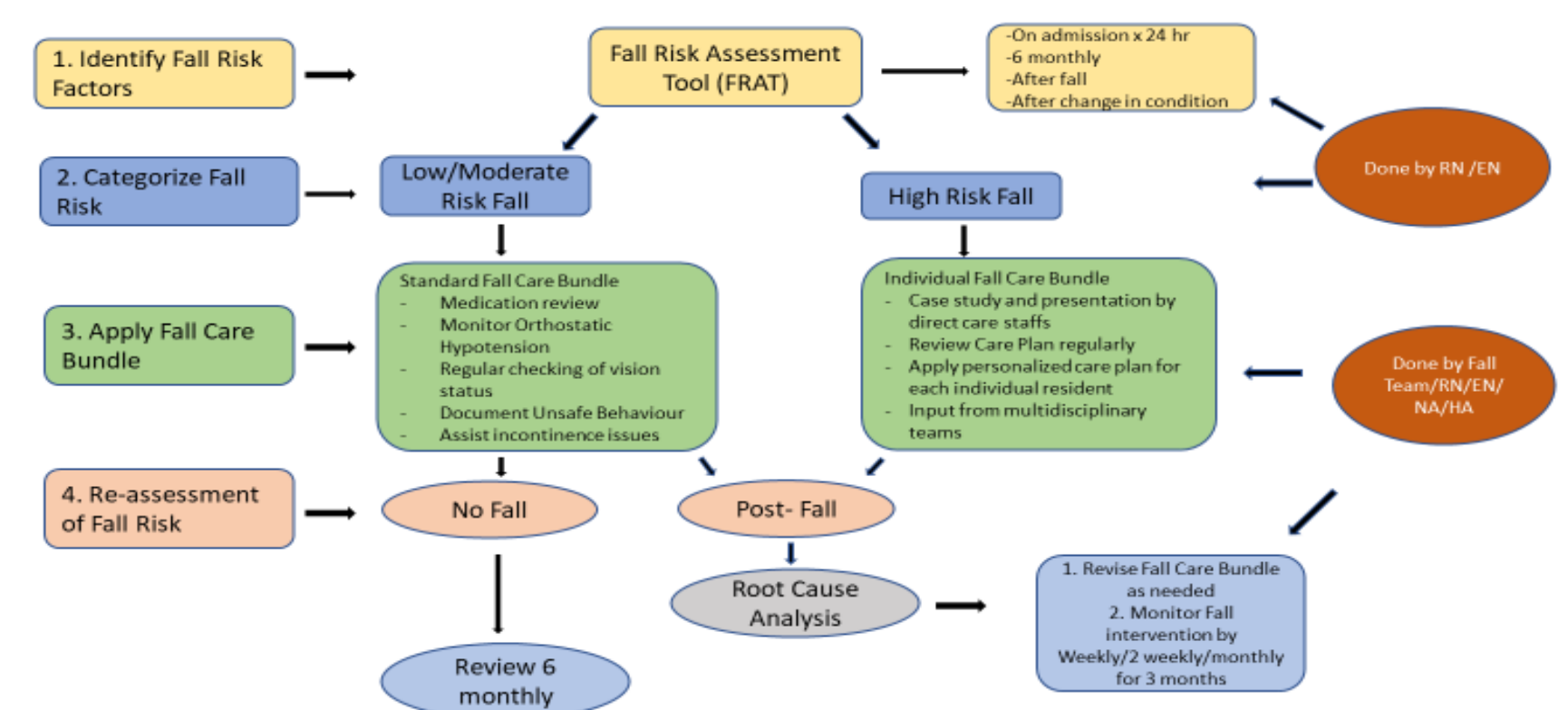


Potential Solutions

The implementation started with **identifying the fall risk level for all residents in pilot ward**, thereafter **applying Fall Care Bundle, modification of environment and workflow.**

- Pilot ward staff were trained on Fall Care Bundle, Root Cause Analysis and Post Fall Intervention Strategies
- Training to raise awareness on Fall prevention and Management in elderly conducted for all care staff.
- Competency assessment on fall risk assessment tool done for Registered Nurse and Enrolled Nurse.

Components of the QI Fall Prevention Care Bundle



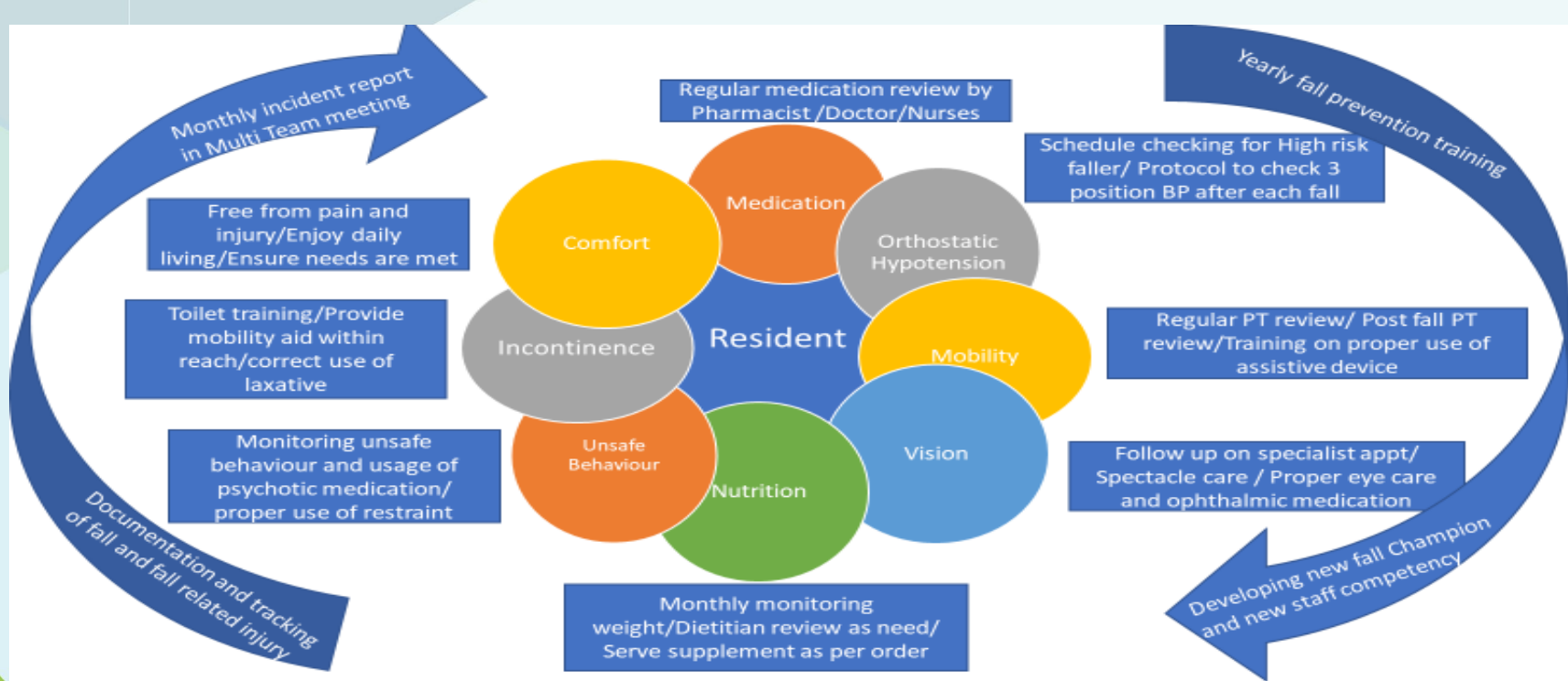
Project Aim

- To **implement Individual Fall Care Bundle** for all high risk fallers based on their needs.
- To conduct 6 monthly **training for all care staff on assessment of fall risk factors and implementation of fall preventive measures.**
- To **reduce fall rate by 25%** in total number of falls each year.

Lessons Learnt

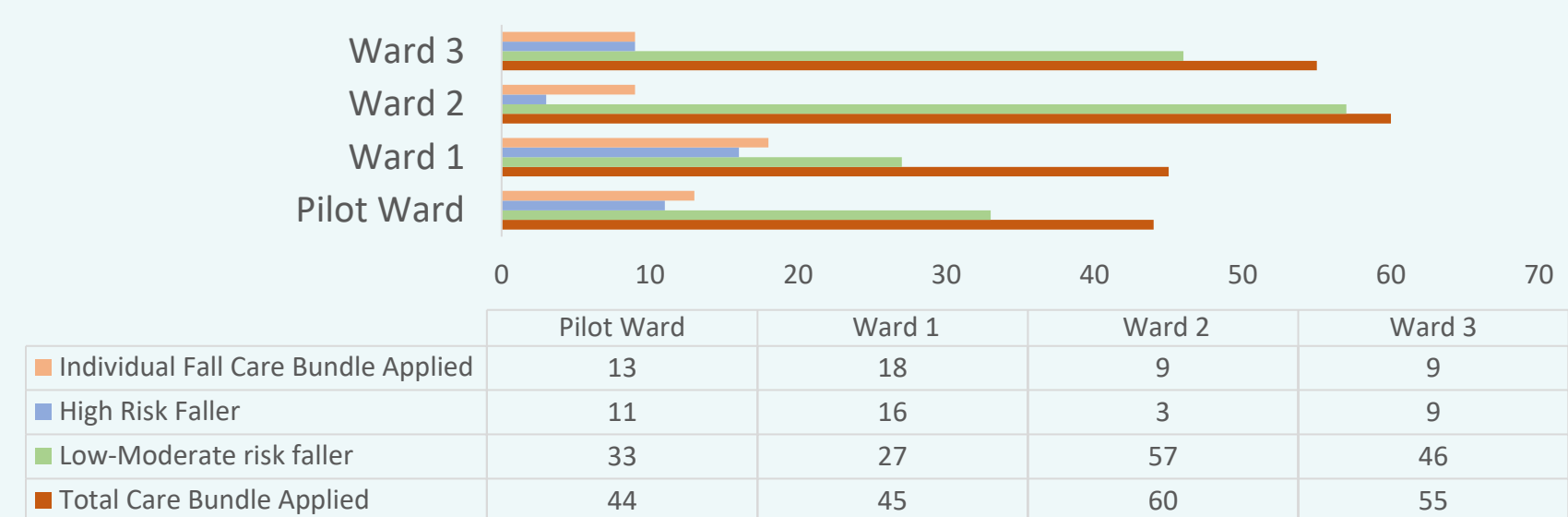
Based on fall risk analysis, the significant risk factors were identified such as

- unmet needs of the residents**
- task orientated work culture of the care staff**
- individual fall risk due to behaviour, medication and comorbidities**

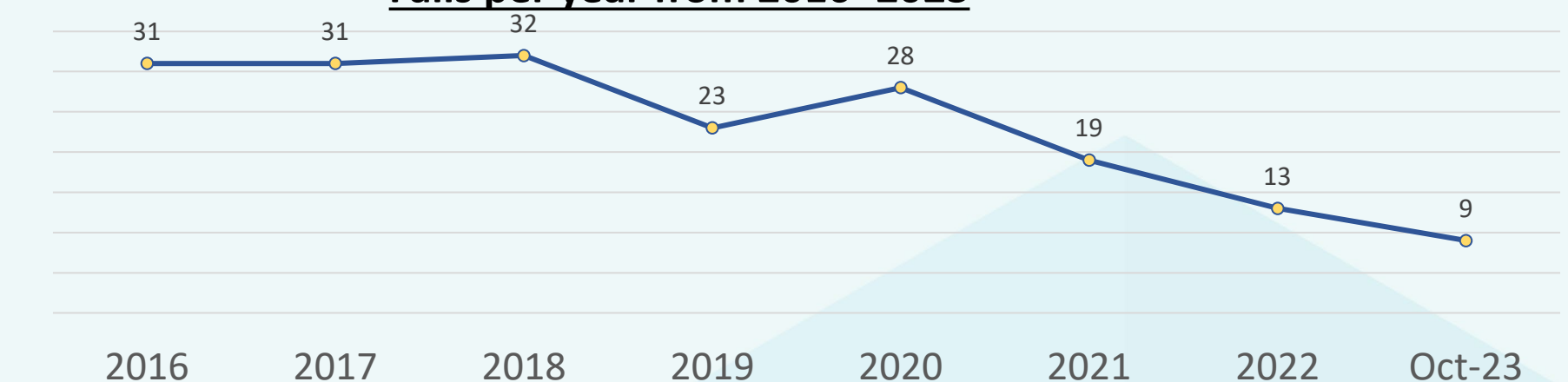


Outcomes & Impacts

Total number of Fall risk identified and applied Fall Care Bundle



Falls per year from 2016- 2023



The result shows **significant reduction in fall rate** over the years. The team has ensured that **all staff are systematically involved** in fall prevention strategies, post fall intervention and follow-up. Hence, this study findings are incorporated into our **new staff orientation** and yearly **refresher training** to achieve **compliance** as well as to build a culture of **continuous improvement** in Lions Home.

Reference

Ohde, S., Terai, M., Oizumi, A. *et al.* The effectiveness of a multidisciplinary QI activity for accidental fall prevention: Staff compliance is critical. *BMC Health Serv Res* **12**, 197 (2012). <https://doi.org/10.1186/1472-6963-12-197>

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