

A Team Approach to Falls Prevention



St. Francis Home



Facility Background

- Physical Layout
- Staffing Ratios
- Call light and Phone system
- Pastoral Care
- Hospice Care
- Feeding assistants
- Person Centered Care
- Sponsorship



12 Households

Person Centered Care



Falls Prevention Team

- Team approach
- Diversity of team
- Person centered approach
- Involving family in decisions
- Communication to all staff
- Weekly assessments of falls
- Out of the box thinking
- Proactive rather than reactive
- Falls prevention box



Falls Prevention Team includes RN, Senior CNAs, Therapy, Restorative Nursing, Social Services and Activities.

Weekly Review

- Documentation
- Allowing floor staff to make decision on creative intervention
- Follow up and make changes if needed
- Review of current health condition. Medical cause?
- Review of medications
- Therapy Screens or Restorative Nursing Program
- Referral to behavioral management team
- Referral to activities or life enrichment
- Toileting review
- Sleep study

Causes of Falls

- Anxiousness
- Cognitive impairment
 - Delusions
 - Hallucinations
- Pain
- Toileting
- Hunger
- Change in mobility
- Noise
- Advancing disease process
- Wandering
- Impaired vision
- Impaired hearing
- Medications
- Change in condition
- Environmental hazards
- Positioning
- Weakness
- Change in gait
- Balance
- Object out of reach

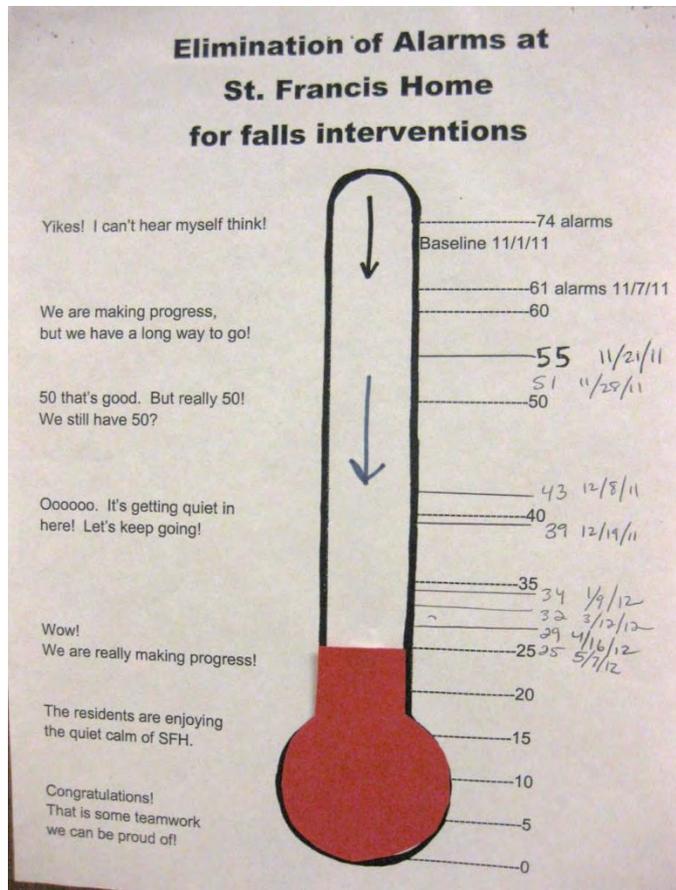
Reduction of Alarms

- Safely review and assess need for alarms by falls team and floor staff.
- Resident/Family involvement
- 3 day trial without alarm
- Communication between staff
- Review of trial



Thermometer

Communicated progress to staff



- Goal for FY 2012 was to reduce use of bed and chair alarms by 50%.
- Baseline was 74 alarms on 11/1/11.
- Goal was met, number of alarms was reduced to 27. This was a 63.5% reduction of alarms!

Creative intervention ideas generated with “How did you prevent a fall today?” Box



Life Enrichment Program

- Initiated in Fall 2010, create additional programming and 1:1 attention
- New position was created for full-time Life Enrichment Facilitator
- Facilitates activities from 1500-2100 7 days per week
- Goal was met to reduce falls by 25%



Life Enrichment Program

Person centered activities, pet visits, music and aromatherapy



Aromatherapy



Activity Programs

- Busy activity schedule- as many as 8 per day
- Dedicated, compassionate, flexible Activity Staff
- Recruiting and utilization of volunteers for additional supervision
- Constantly assessing who needs assistance first
- Strong communication and teamwork with all staff
- Successes

St. Francis Home October 2012

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
SFH Chapel Mass Daily 11:30 am TV Ch. 61 Rosary Daily 5 pm <u>On Tuesdays</u> 9:00 Exposition 11:15 Benediction	1 9:00 AM News 10:00 Yoga 3:00 Bunco AR 	2 9:00 Triv./News 10:00 Volleyball 3:15 Cards AR 4:30 Music 2 nd fl 6:45 Art Apprec. AR	3 9:00 Reminisce 10:00 Fit-N-Fun 3:00 Bingo DR1 6:45 Choir Practice Chapel	4 <u>Feast of St. Francis</u> 9:00 Trivia/Music 10:00 Pokeno 2:45 Dice Games AR 4:25 Music 1 st fl 6:45 High/Low Cards AR	5 9:00 AM News 10:00 Volleyball 3:00 Birthday Party with Don Sampson DR2	6 9:00 Music Video 10:00 Fit-N-Fun 11:30 Mass 5:00 Rosary 7:00 Lawrence Welk Ch 10
7 11:30 Mass 12:00 GB Packers TV 3:00 Lawrence Welk Ch 10 5:00 Rosary	8 9:00 AM News 10:00 Yoga 3:00 Bunco AR	9 9:00 Triv./News 10:00 Volleyball 3:15 Cards AR 4:30 Music 2 nd fl 6:45 Art Apprec. AR	10 9:00 Reminisce 9:45 Fit-N-Fun 10:30 Christian Worship Service-Chapel 3:00 Bingo DR1 6:45 Choir Practice Chapel	11 9:00 Trivia/Music 10:00 Pokeno 3:00 Die Spielmeisters- Music in Chapel 6:45 High/Low Cards AR	12 9:00 AM News 10:00 Volleyball 3:00	13 9:00 Music Video 10:00 Tai Chi 11:30 Mass 5:00 Rosary 7:00 Lawrence Welk Ch 10
14 11:30 Mass 3:00 Lawrence Welk Ch 10 7:20 GB Packers TV 5:00 Rosary	15 9:00 AM News 10:00 Yoga 1:30 Auxiliary Card Party GP 3:00 Bunco AR	16 9:00 Triv./News 10:00 Volleyball 3:15 Cards AR 4:30 Music 2 nd fl 6:45 Nostalgia John-Music in Chapel 	17 9:00 Reminisce 10:00 Fit-N-Fun 3:00 Bingo DR1 6:45 Choir Practice Chapel	18 9:00 Trivia/Music 10:00 Pokeno 2:45 Dice Games AR 4:25 Music 1 st fl 6:15 Big Screen Movie in Chapel	19 9:00 AM News 10:00 Volleyball 3:00	20 9:00 Music Video 10:00 Fit-N-Fun 11:30 Mass 2:30 Quartet in Chapel 5:00 Rosary 7:00 Lawrence Welk Ch 10
21 11:30 Mass 12:00 GB Packers TV 3:00 Lawrence Welk Ch 10 5:00 Rosary	22 9:00 AM News 10:00 Yoga 3:00 Res. Council AR MR	23 9:00 Triv./News 10:00 Volleyball 3:15 Cards AR 4:30 Music 2 nd fl 6:45 Art Apprec. AR	24 9:00 Reminisce 10:00 Fit-N-Fun 3:00 Bingo DR1 6:45 Choir Practice Chapel	25 9:00 Trivia/Music 10:00 Pokeno 3:30 Christian Worship in Chapel 4:25 Music 1 st fl 6:45 High/Low Cards AR	26 9:00 AM News 10:00 Volleyball	27 9:00 Music Video 10:00 Fit-N-Fun 11:30 Mass 5:00 Rosary 7:00 Lawrence Welk Ch 10

Activities





Pets



Children



Visits from Childcare center



Boys and Girls Club



Therapy



“There are several steps that individuals can take to decrease their risk of falls. Regular exercise is beneficial. They can also use canes, walkers, shower benches or grab bars; remove throw rugs; and watch for tripping hazards such as cords.”

Andrew Stickel PT, DPT

Restorative Nursing Program

- “The RNP at St. Francis Home has improved many residents’ physical health as well as improving their mood and self-esteem. The team creates realistic resident-centered goals addressing their motivation, fears and concerns. The staff provides reassurance about the benefits of the program and the positive affect to the resident’s overall health.
- Communication is vital. RNP staff initiated a weekly meeting to review long term residents to identify changes of condition and residents who are at high risk of physical decline and falls. Then a RNP care plan is initiated to increase resident’s strength and decrease the occurrence of falls.”
- Lisa Rollin, RN



Restorative Exercises



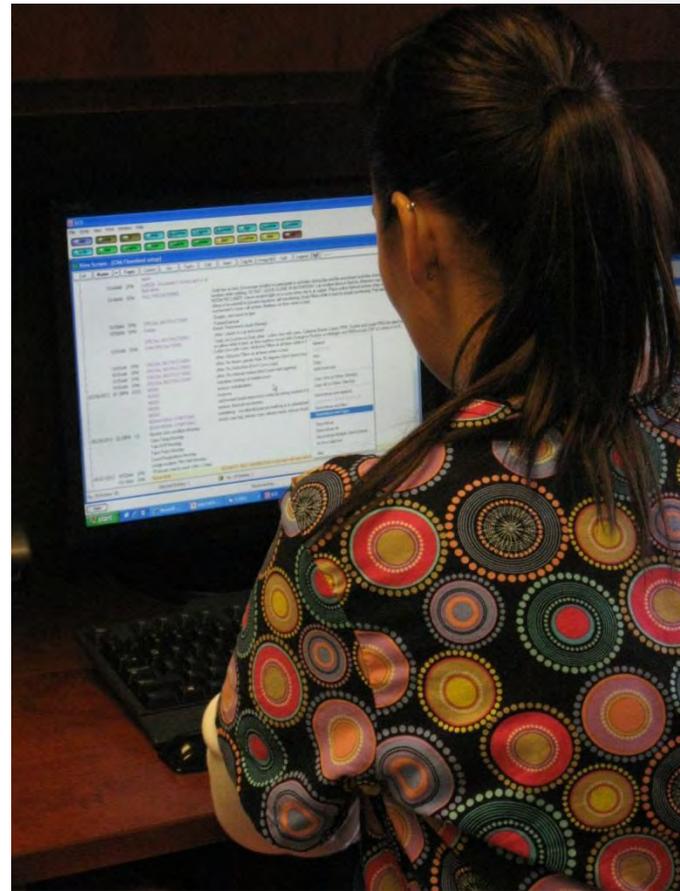
Environmental Changes

- Grab bar on bed
- Proper fitting wheelchair
- Non-skid shoes, gripper socks
- Use of assistive devices
- Body pillows for repositioning
- Mattress
- Lighting
- Positioning of objects in room

Positioning



Communication



Teamwork



Quick Response Team

All employees every day, every shift working together in response to falls

- **Quick Response Teams- A new response to resident falls**
- If you witness a fall or a resident on the floor after a fall, congratulations! You are on a quick response team! The three people on this team are the “Buddy”, the “Go-fer” and the Charge Nurse.
- The first to arrive on the scene is the **“Buddy.”**
 - During this interaction, the buddy’s job is to stay calm and find out what the resident was trying to do and/or where the resident was trying to go.
 - The buddy should sit on the floor right next to the resident.
 - Introduce self to the resident and state “I am here to help you.” This connection will calm the resident and increase trust. This may include asking his name, asking where he was going, talking about the weather etc.
 - The buddy should stay with the resident until he is safely off the floor.
- Meanwhile the next available staff member to arrive is the **“Go-fer.”** It is this person’s responsibility to find the charge nurse.
- 3. Once the resident is calm, the **Charge Nurse** can assist him. The “buddy” stays with the resident the whole time continuing to reassure him. The “go-fer” stays nearby to assist if needed.
- The charge nurse follows through with assisting the resident and is responsible for the proper ECS charting and Compass report.
- **We believe that by utilizing Quick Response Teams we will be providing Simply the Best to residents in need as well as including all staff in response to falls.**

• Falls Team 9/19/11

Creative Interventions



How many interventions do you see?



- Mattress on floor
- Low, low bed
- Grab bar
- Body pillow
- Lipped mattress
- Stuffed animal to engage resident.
- Bed positioning
- Pad alarm
- Call light within reach

How many interventions do you see?



- Lacing card
- 1:1
- Tissue in reach
- Nurse call button
- Telephone
- Walker positioning

