

Redesign and Standardization of a Falls Bundle to Decrease Patient Falls: A Quality Improvement Project

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Background

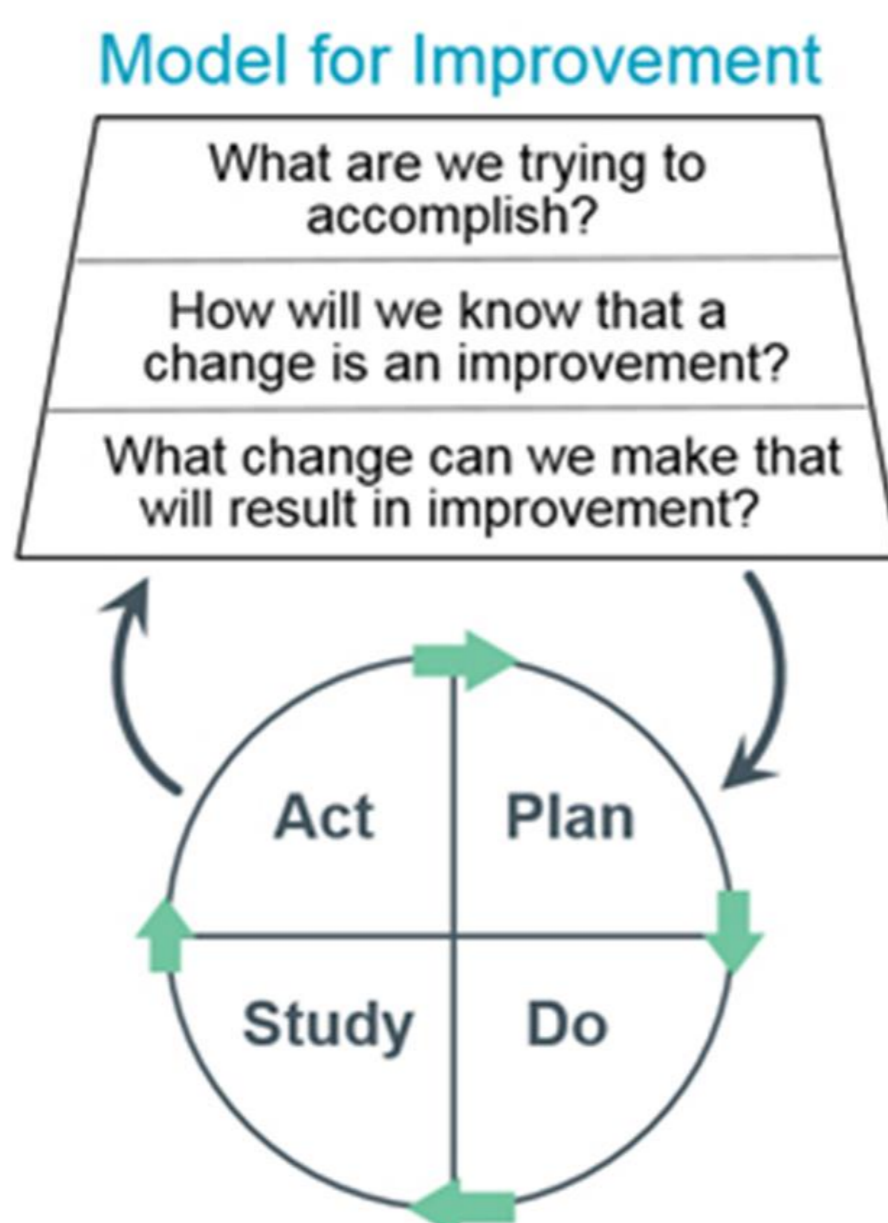
- Inpatient falls are a multifactorial problem (Mulkey et al., 2023).
- BWFH utilized the Falls TIPS program (Dykes et al., 2020; 2023) yet fall rates remain above the NDNQI quarterly benchmark.
- Falls Committee initiated a Quality Improvement (QI) project to identify opportunities to decrease falls

Setting

- 171-bed Magnet with Distinction™ designated community teaching hospital in the Northeast U.S.

Purpose

- To decrease patient falls at BWFH through redesign and standardization of a Fall Bundle.
- To utilize QI methods and tools to guide improvement cycles.
- Implement change concepts:
 - Reduce variation in practice
 - Improve workflow
 - Design systems to avoid mistakes/harm
 - Improve patient safety and outcomes



Process

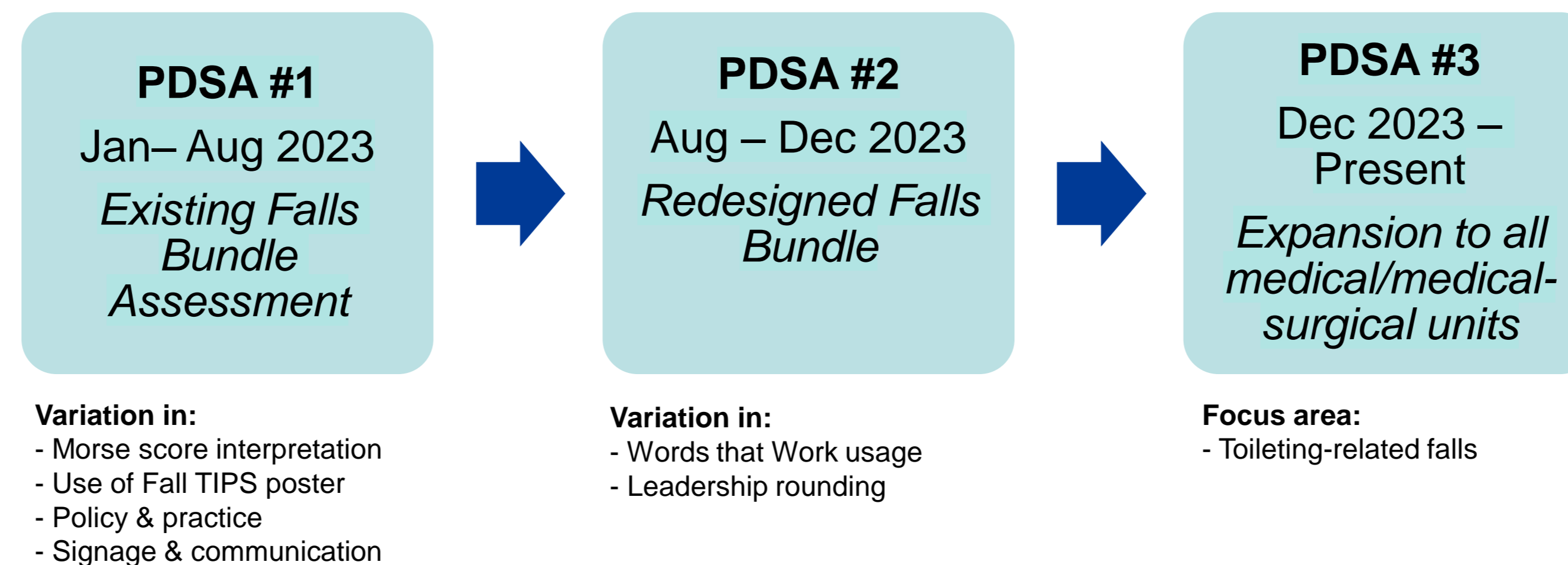
- The Institute of Healthcare Improvement (IHI) QI toolkit
 - Project charter
 - Ishikawa (fishbone) diagram
 - Change concept worksheet/ Process-outcome-balance measures
 - PDSA cycle worksheet

Interventions

- Audits reports and monthly falls data guided PDSA cycles
- Improvements to date:
 - Revised, standardized Fall Bundle was developed, which includes:
 - Existing Fall TIPS program
 - Color-coding of yellow socks, bracelets, and signage
 - Daily nurse leader rounding
 - Revisions to Falls Policy (Farley et al., 2023; Meyer et al., 2020; Soares et al., 2023)

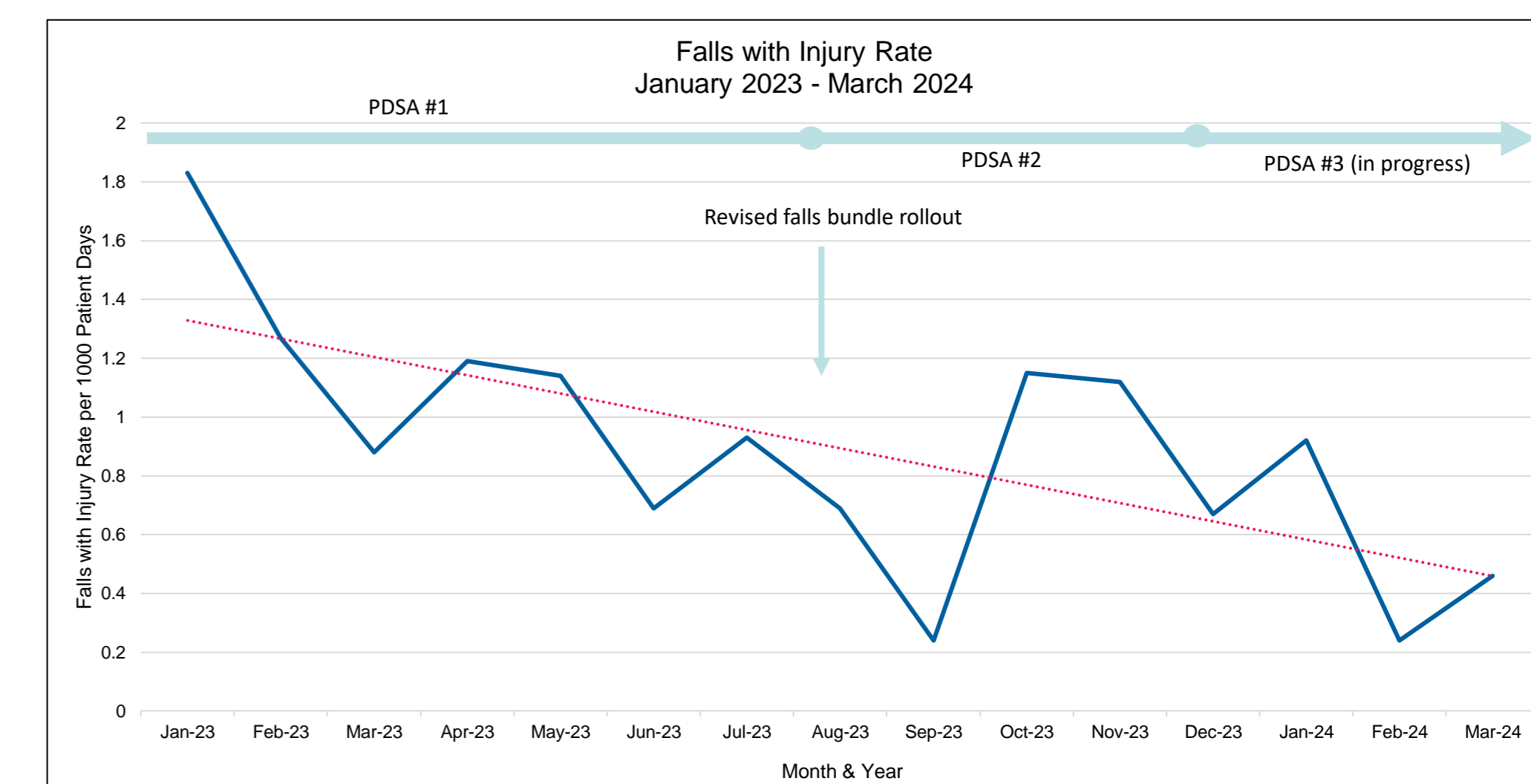
Methods

- QI methodology utilized Plan-Do-Study-Act (PDSA) cycles
- Prior to the revised Fall Bundle roll-out, education completed on all units.



Results

- Improvements in tools, methods, and equipment
- Falls with Injury decreased from 0.93/1000 patient days in July 2023 to 0.69/1000 – 0.24/1000 in August and September
- Falls decreased from 3.7/1000 patient days in July 2023 to 2.07/1000 – 1.9/1000 in August and September



Implications

- Revised Fall Bundle resulted in an immediate decrease in patient falls and continued work is ongoing to sustain this improvement.
- Scaling this QI project up to more units may show further reduction in falls

Next Steps

- Continuation of the third PDSA cycle.

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