

## Fall Prevention Interventions In the Emergency Department

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# Fall Prevention Interventions In the Emergency Department

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## BACKGROUND

- Falls are a recurring issue in the healthcare field, especially in the emergency department (ED). Patients are often at the height of their individual symptoms upon arrival to the ED, increasing their risk for falls.
- “Further studies are warranted that focus on risk factors in specific patient populations and settings such as the emergency department...” (Williams, 2014)
- LVHN-CC ED has experienced 12 falls since July 2019.
- Within the last year there has been confusion among nurses related to when to implement bed checks.
- Our goal is to standardize bed check usage in the LVHN-CC ED in order to clear confusion and help reduce falls in the ED.

## EVIDENCE

- The most common patient activities at the time of a fall are toileting and ambulation unattended. (Williams, Szekendi, & Thomas, 2014)
- Research supports use of standardized fall risk assessment to predict patients who may need individualized fall prevention tools implemented, such as bed checks. (Spoelstra, Given, & Given, 2011)
- Pressure sensing alarms was found to be one of the most effective interventions among survey respondents implementing fall prevention programs, when asked what the top 5 preferred interventions were. (Williams, Szekendi, & Thomas, 2014)
- Over 50% of nurses involved in a study using bed-exit alarms stated it reduced their workload, with bed-exit alarms having 100% sensitivity and 32% nuisance alarm increase. (Subermaniam, et al., 2017)

## IMPLEMENTATION

- Patients to receive a bed check during their ED visit:
  - Any patient with a fall prior to arriving to the ED
  - Any patient with a fall risk score of 7 or greater
  - Nurse’s own discretion (Elsevier, 2018)

## PICO

In adult patients in the Emergency Department, does bed check usage from having no standardized criteria to having standardized criteria impact the occurrence of falls in the ED?

- **P – Patients in the Emergency Department at LVHN-CC**
- **I – Standardizing bed check criteria**
- **C – No standardization for bed check usage, all nurse discretion**
- **O – occurrence in falls**

## OUTCOMES

- Pending post data
- Data available December 2019.

## NEXT STEPS

- Maintaining workstation reminders
- Adequate supply of bed check batteries and mats in patient rooms
- Continuation of fall education throughout unit and future online education
- Comparing results of pre and post implementation to obtain an outcome

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