Fall Prevention Initiatives in NHCS Wards

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Cardiac Physiotherapy Services



Introduction

Aim:

Falls are the 2nd leading cause of accidental or unintentional injury deaths globally and fall-related injuries increase health care utilisation.

In line with the institution's goal to target zero harm, we embarked on this quality improvement project aiming to target zero falls, where physiotherapists can be actively involved in reducing risk of fall through our daily work.

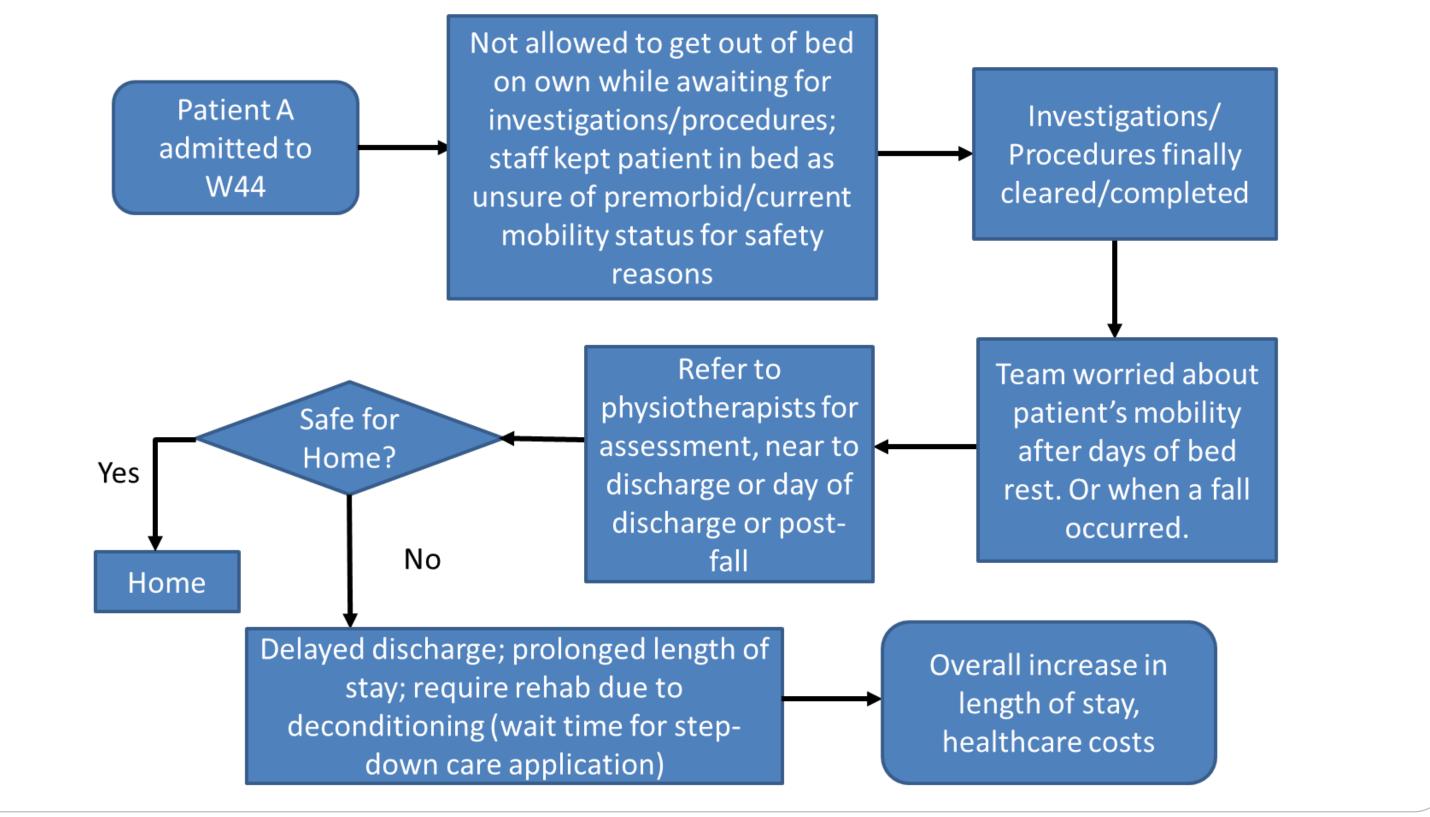




Pre-Implementation

There was a lack of pro-activeness and often delays in referrals to physiotherapists in patients with moderate-high risk of falls. Data was collected and analysed on the reasons for patient falls in the wards. Amongst the factors, falls related to having poor balance and slipped/tripped incidents were deemed amendable by physiotherapist interventions.

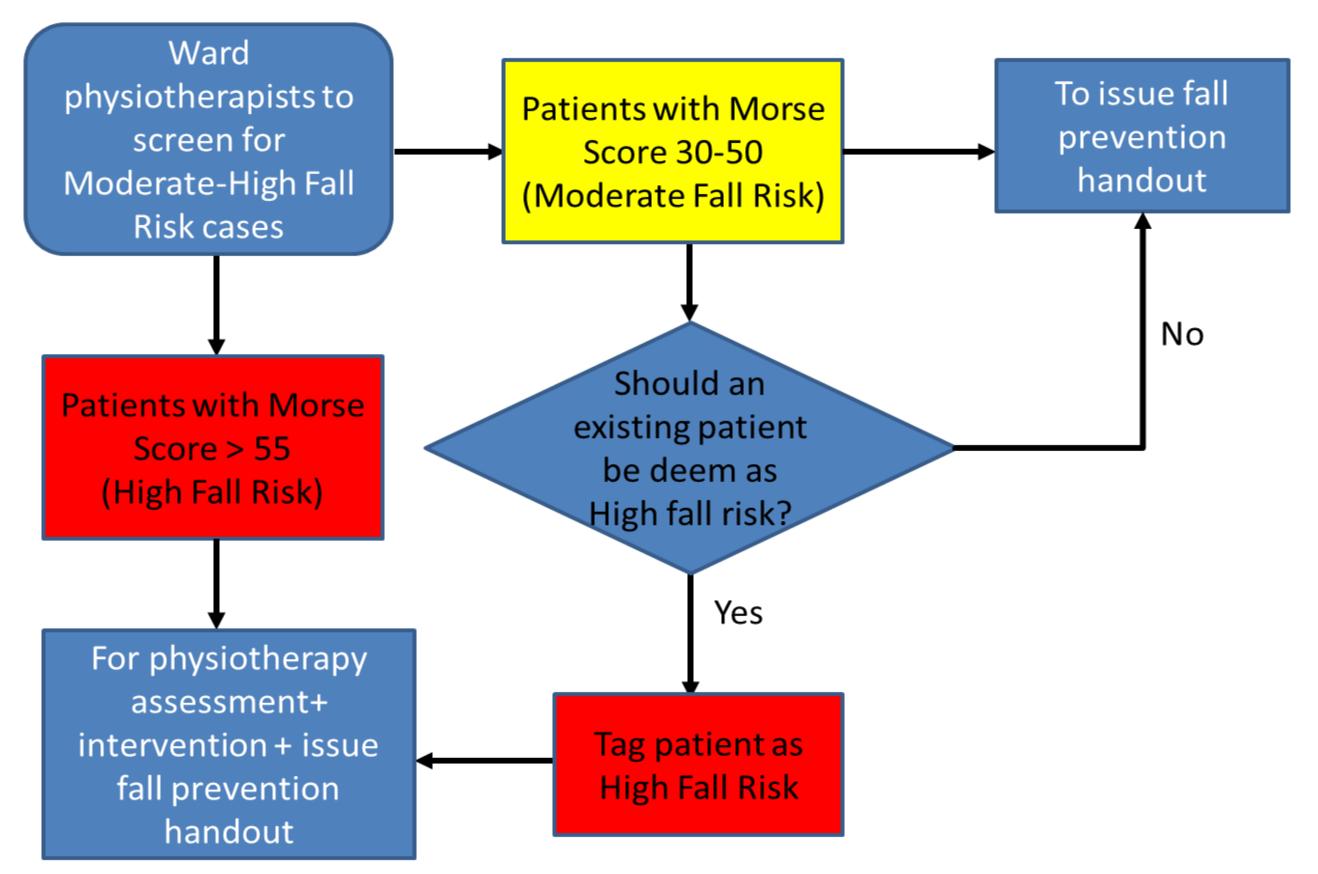
The flow chart shows the work flow of the pre-implementation referral process on patients with fall risk.



Post-Implementation

The electronic-documentation with acronym expansion tool improved multidisciplinary team communication within the timely and documentation. Hence, the efficiency in screening or identifying the target groups improved greatly.

The intervention by the therapist assistant (tagged yellow) and physiotherapist (tagged red) remained unchanged.



Methodology

1) Active daily screening of new admission patients with moderate-high fall risk via patient electronic medical records.

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					Cardiology	ADN	Low Risk	

Results

Factors of Fall in Patients with Moderate to High Fall Risk

	<u>General Unsteady/</u>	<u>Slipped/</u>						
	Loss of Balance	<u>Tripped</u>						
Before Implementation	3	7						
After Implementation	2	1						
10 Number of Falls reduced from 10 to 3								

Intangible Benefits

Improved Patient Safety

2) Fall prevention handout were issued to patients at moderate risk of fall.

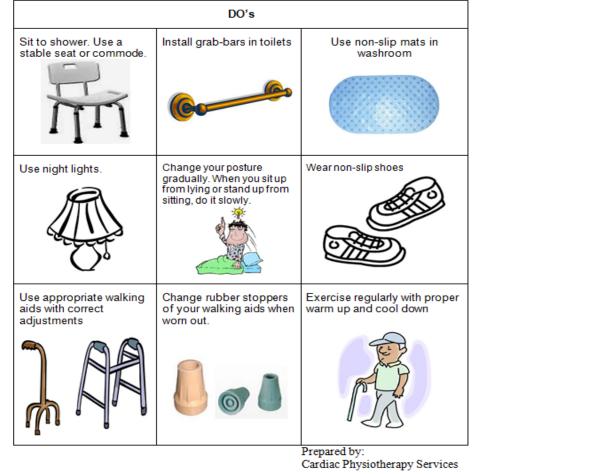


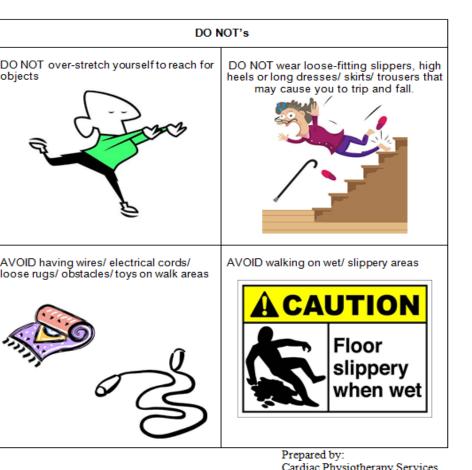
National Heart Centre Singapore SingHealth

Fall Prevention Guide: Tips to Note

Fall Prevention Guide: Tips to Note

Adderate Risk





3) Physiotherapists to follow up with assessment and intervention in patients with high fall risk.

- Greater Patients' Confidence
- Improved Multidisciplinary Team Communication

Conclusion

There was a significant reduction in falls due to general unsteadiness/loss of balance, or slipped/tripped. This could possibly be attributed to the physiotherapy department initiatives. However, fall is multifactorial and there will be an ever-shifting trend in the factors. Therefore, inpatient fall prevention initiatives will require continuous and active engagement of all healthcare professionals, patients and their families.

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