



Reducing the incidence of fall from examination couch



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Background

Falls in individuals aged 65 years and older is of major concern.

SingHealth Polyclinics, between June-July 2016 there were **3** reported incidences of patient falls from examination couch that result in serious injuries.

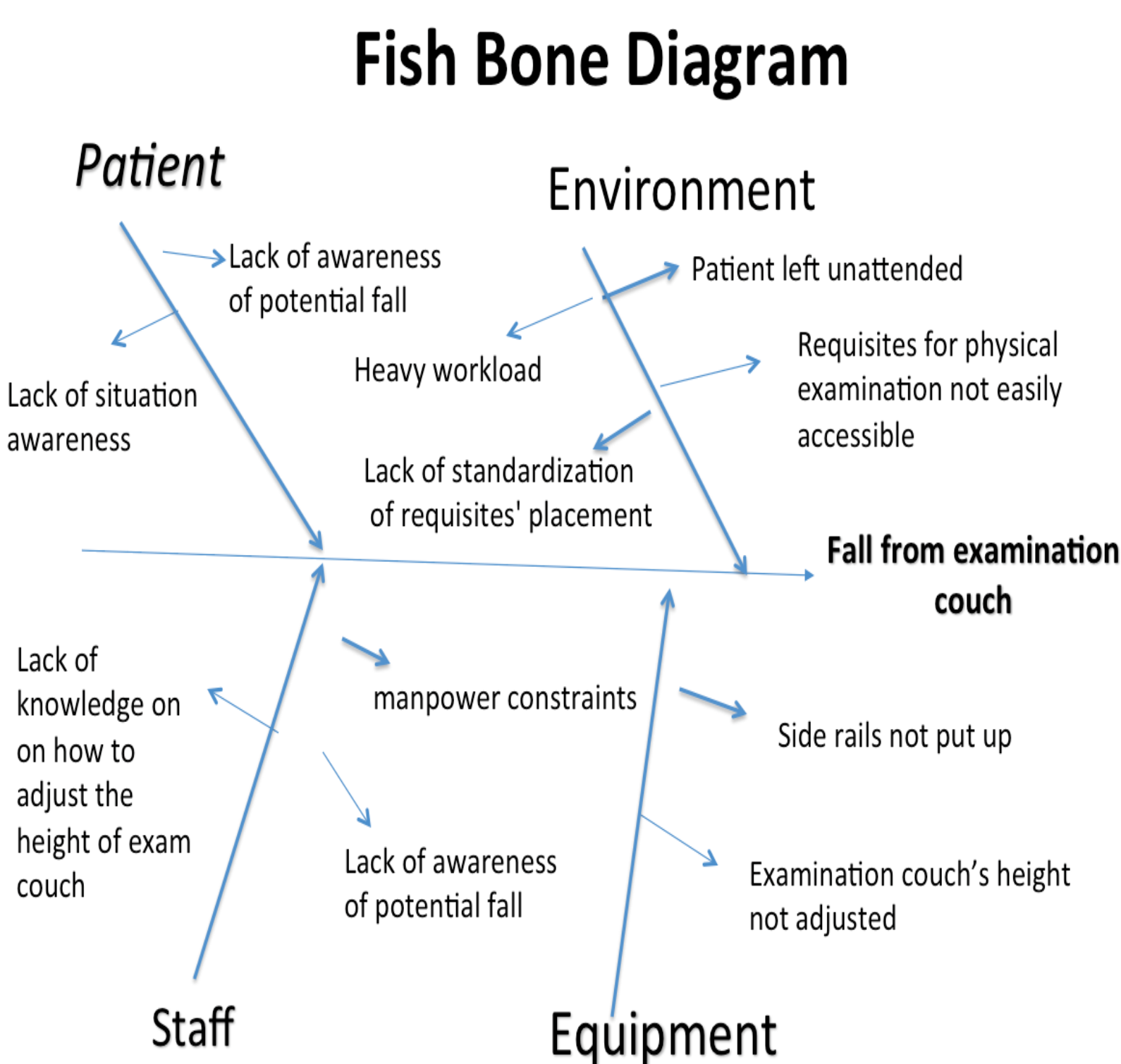
Aim

To reduce the incidence of fall in the doctor's consultation room

Methodology

A cross functional team was formed

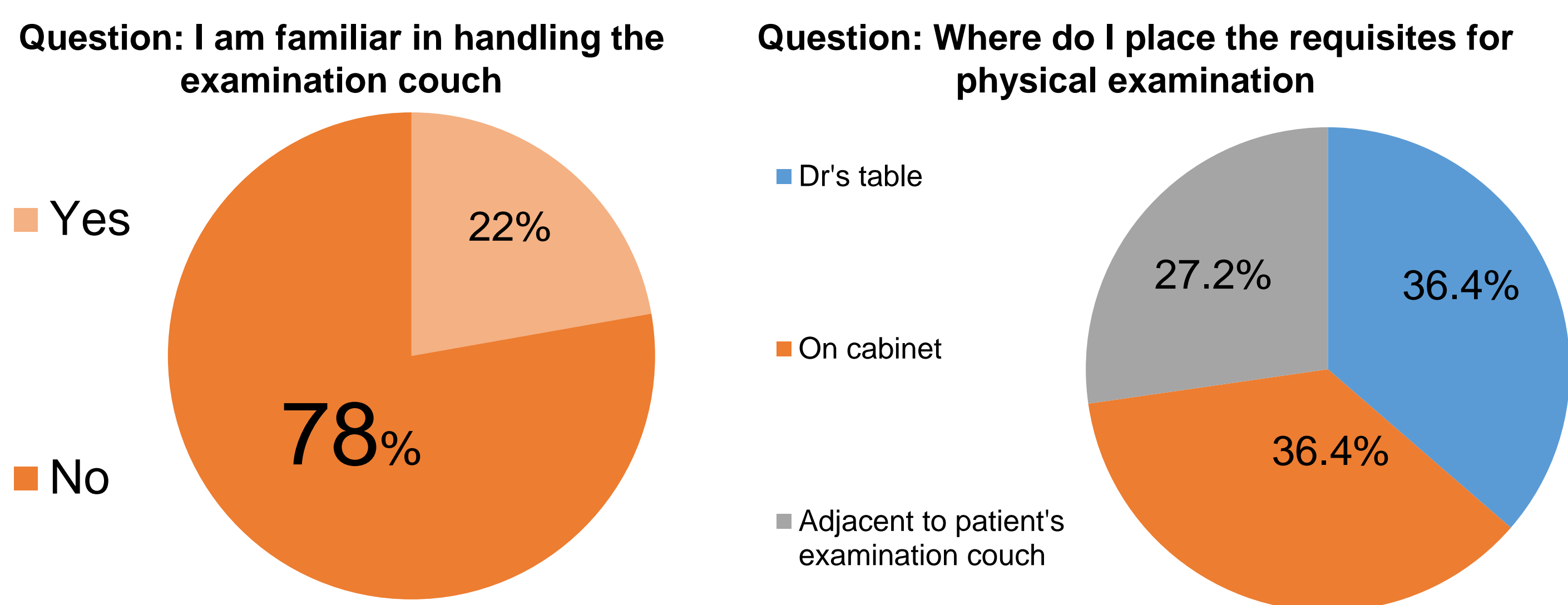
Three key factors identified



- 1 Some requisites for physical examination were not easily accessible.
- 2 Lack of knowledge on how to adjust the height of the couch
- 3 Lack of awareness of the potential falls from couch

Intervention

A random survey was done to assess staffs' knowledge and awareness as shown below.



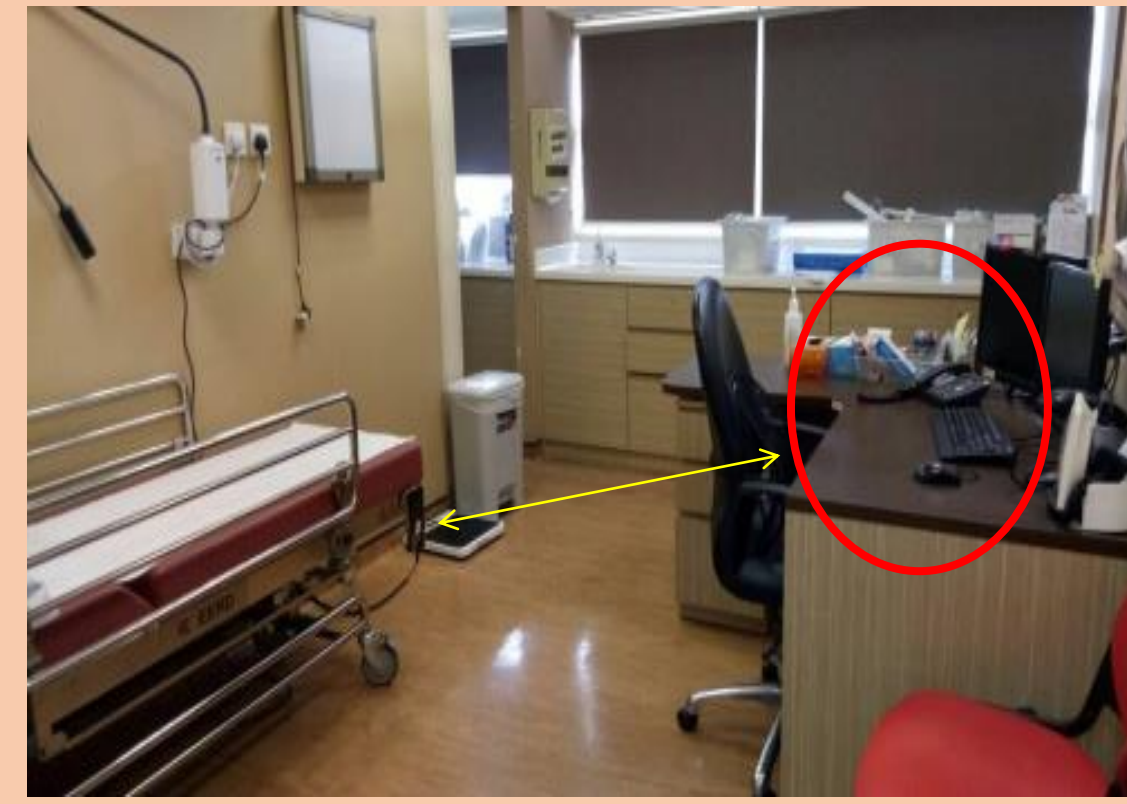
Key survey findings:

- Lack of standardization about placement of commonly use of requisites used in the consultation room
- Lack of knowledge on handling patient's examination couch

Solutions

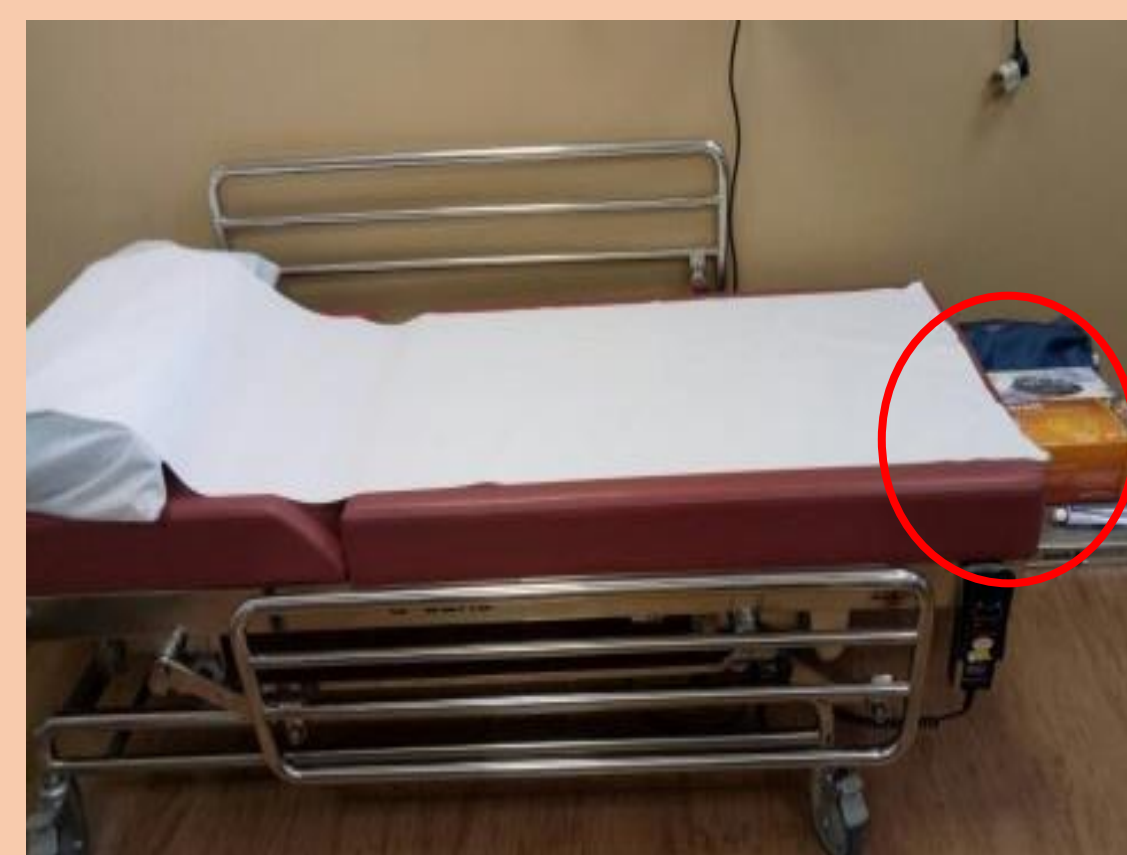
- To standardize the placement of commonly used requisites in the consultation room
- To organize refresher training session on the following topics:
 - a) Safe height adjustment and various functions of examination couch
 - b) Fall prevention awareness

Pre-Implementation



- The red circle highlights the gloves and tissue that were placed on Doctor's table
- The yellow arrow highlights the distance and issue with accessibility
- The items were not easily accessible when Doctor performs physical examination

Post-Implementation



- The new standardized placement with items adjacent to examination couch
- 100% of the doctors agreed that the new placement of requisites adjacent to examination couch is within reach and minimize the time patient left unattended



Staff Training

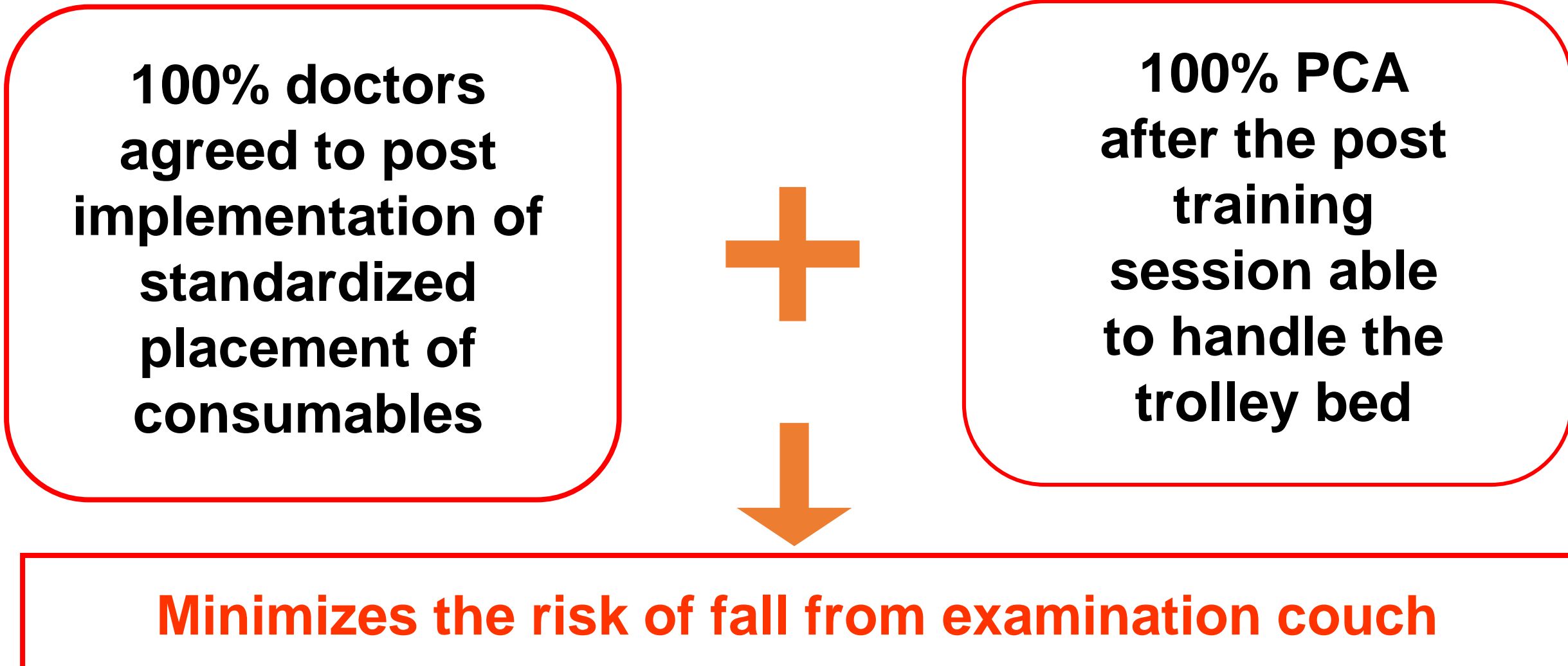
- Creating awareness of the fall precaution when assisting patient during physical examination.
- Safe height adjustment of the examination couch



Post Training Results

- 100% of staffs are able to perform satisfactory return demo on the various functions of the examination couch.
- 100% of staffs verbalized increased awareness on the risks of patient falls from examination couch.

Results



Sustainability

- Placement of commonly used items adjacent to examination couch is implemented in all consultation rooms .
- The practice is sustained by regular audit.

Conclusion

- Standardized placement of commonly used requisites adjacent to the examination couch minimizes the risk of the patient left unattended.
- This approach enhance patient's experience and improves patient's safety.
- No reported fall till date following the implementation.

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