



Singapore Healthcare Management 2019

Creating Awareness for Fall Precaution

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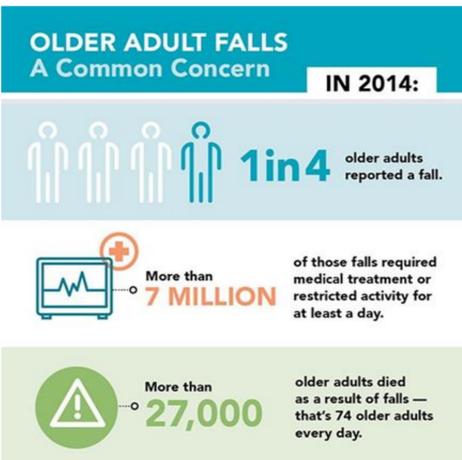
BACKGROUND

Falls remain one of the most vexing patient-safety problems facing by hospitals. Falls are often cause injuries and even death. They often incurred additional medical cost due to possible physical injuries; prolonged hospitalisation or in worst scenario, serious reportable events.

Elderly patients are prone to falls, some may not be as preventable as one thought. According to literature review, many of the risks that causes fall are not adequately addressed with the fall prevention initiatives used in health-care facilities especially in the toilet.

Objective

To reduce fall rate through educating and enhancing patients' awareness in fall precaution.



RESULTS

Results showed that there is a decrease in number of falls in toilets 1 month & 6 months from implementation.



INTANGIBLE BENEFITS

- Reduced unnecessary complaints
- Reduced risk of medical complication
- Reduced risk of extended hospital stay
- Maintain professional image of hospital
- Improved patient and caregiver experience
- Improved staff efficiency & satisfaction



METHODOLOGY

The project went through three Plan-Do-Check-Action (PDCA) Cycles before the final solution was implemented.

The team used a Cause & Effect analysis to find the root causes. Ground studies and observations were done to identify area of risks and verify the root causes.



WHY?	• Patient fell in toilet
WHY?	• Tripped over pants • Not feeling well • Slipped and fall
WHY?	• Patient was standing when wearing pants • Patient feels giddy • Bathroom floor is wet
WHY?	• Patient forgot to sit down • Patient forgot to call for help
Root Causes	• Patient forgetful • Patient forgot limit • Patient feel embarrassed, do not want to call for help

Analysis suggested that falls often occur in the toilets and bathrooms, and there is a lack of reminders to patients to seek assistance when mobilising.

Roadshows and trainings are conducted to create awareness amongst staff on the importance of educating patients on the importance of fall prevention.



SOLUTION

A series of posters are created and placed in the "accident prone areas" such as toilets and bathrooms where nurses are not with the patients. The posters served to continuously remind patients to use the assisted bath seats found in the toilets and to seek the necessary assistance when required.



CONCLUSION

Patients put themselves at risk of falls whenever they maneuverer around without assistance. Fall prevention is a continuous effort from every healthcare staff, the series of posters has helped to remind the patients and decrease the fall rate in the wards.

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