



Singapore Healthcare Management 2022

# Reducing Inpatient Falls related to Toileting Needs



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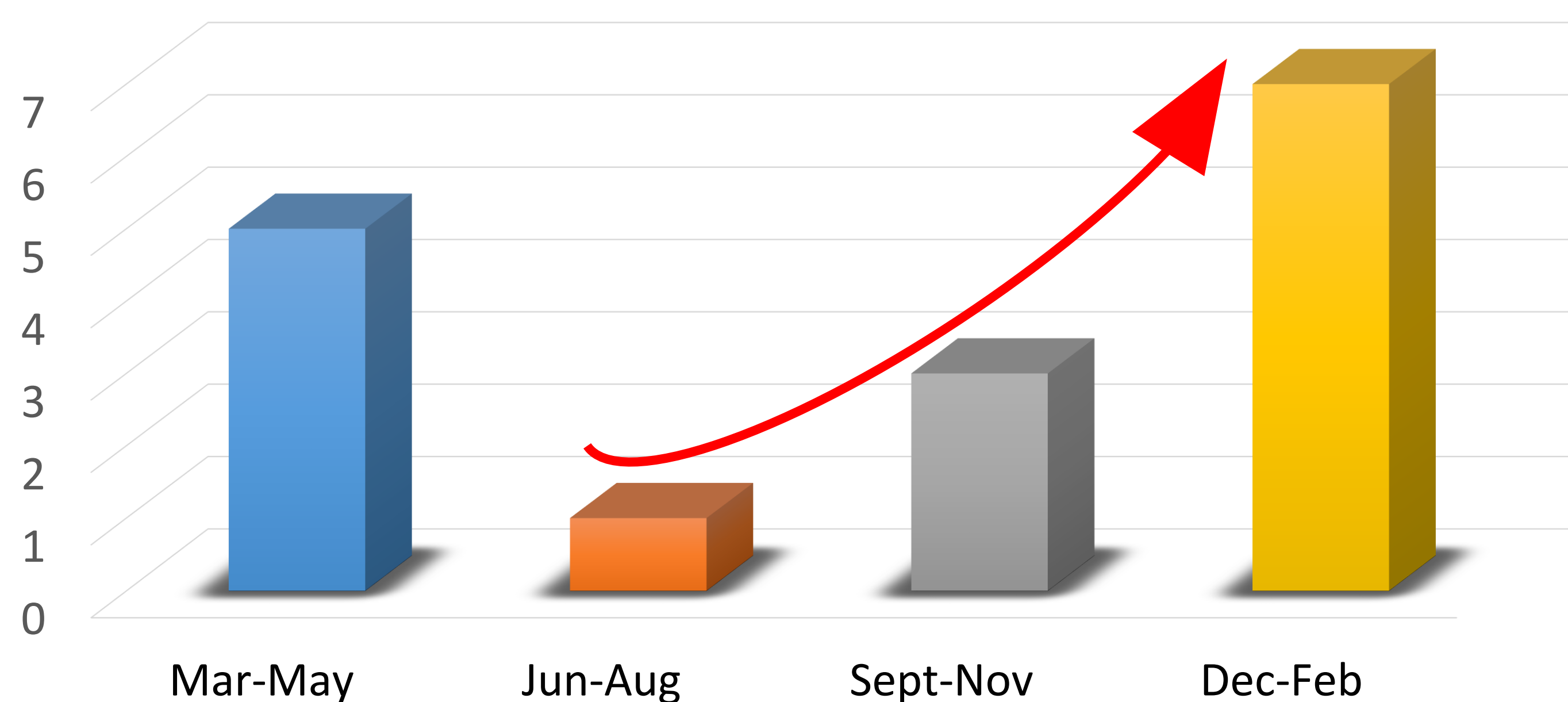
## INTRODUCTION

Falls have detrimental impact on patients, leading to prolonged hospitalization stay and increased in costs.

## PROBLEM

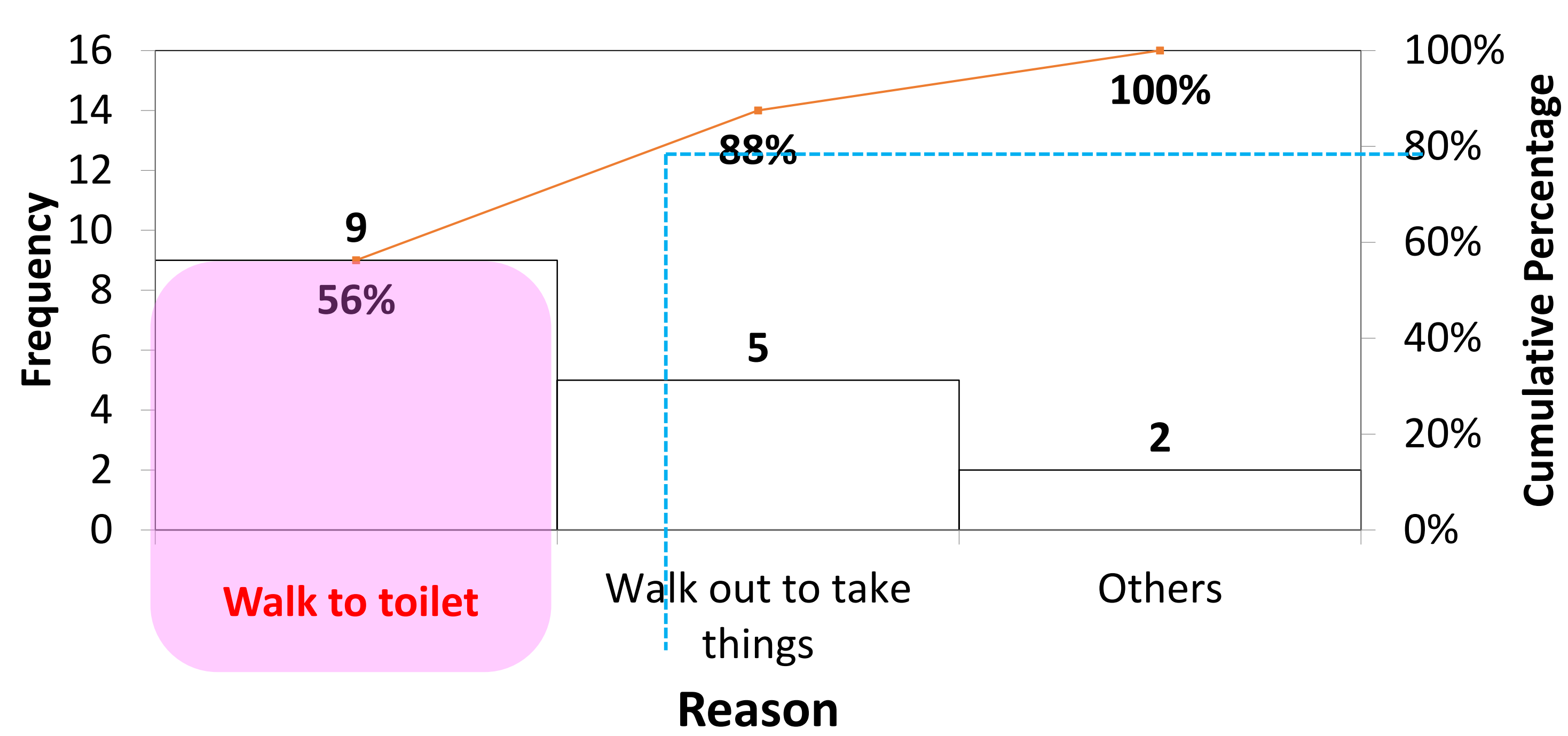
In March 2019 to February 2020, there has been an increase in number of falls reported in a general medical ward.

Total Number of falls



Pareto chart was done showing **56% of the falls are related to toileting needs** and 50 % of the falls happened during night shift between 10pm to 8am.

Pareto Chart of Fall Incidents



Members then listed out the existing nursing night duty and realized that elimination rounds were either delayed or not carried out due to nurses were occupied with other duties such as feeding patient via Nasogastric Tube (NGT) at 12 midnight, taking bloods at 6am - 7am.

Hence, the team propose the following interventions to close the potential gaps that could increase the fall rate.

## TARGET

To reduce number of inpatient falls related to toileting needs by 50% within 3 months

## INTERVENTIONS

June

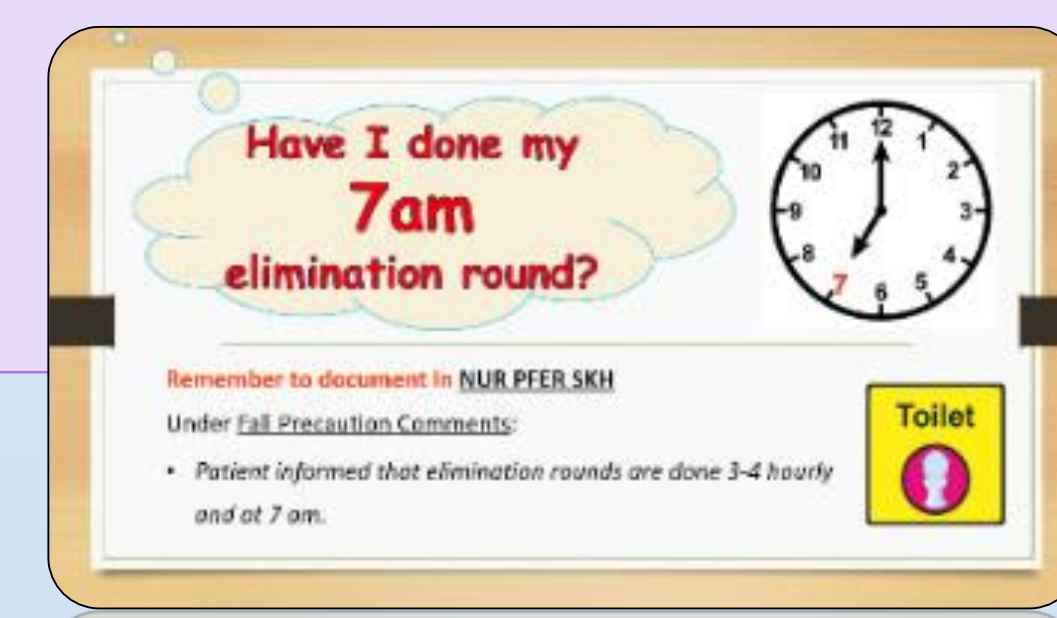
- **Revision of Nasogastric (NG) Feeds Regime** at 8am instead of 6am – 7am and schedule last NG feeds regime at 11pm instead of 12 midnight

June

- **Adjustment of nurses' activity (to include elimination rounds)**  
Night duty nurse to do Capillary Blood Glucose (CBG), bring ambulating patient to toilet and sit out of bed for gargle and breakfast  
Morning duty nurse to assist in changing / turning bedbound patient and prepare for oral care and breakfast

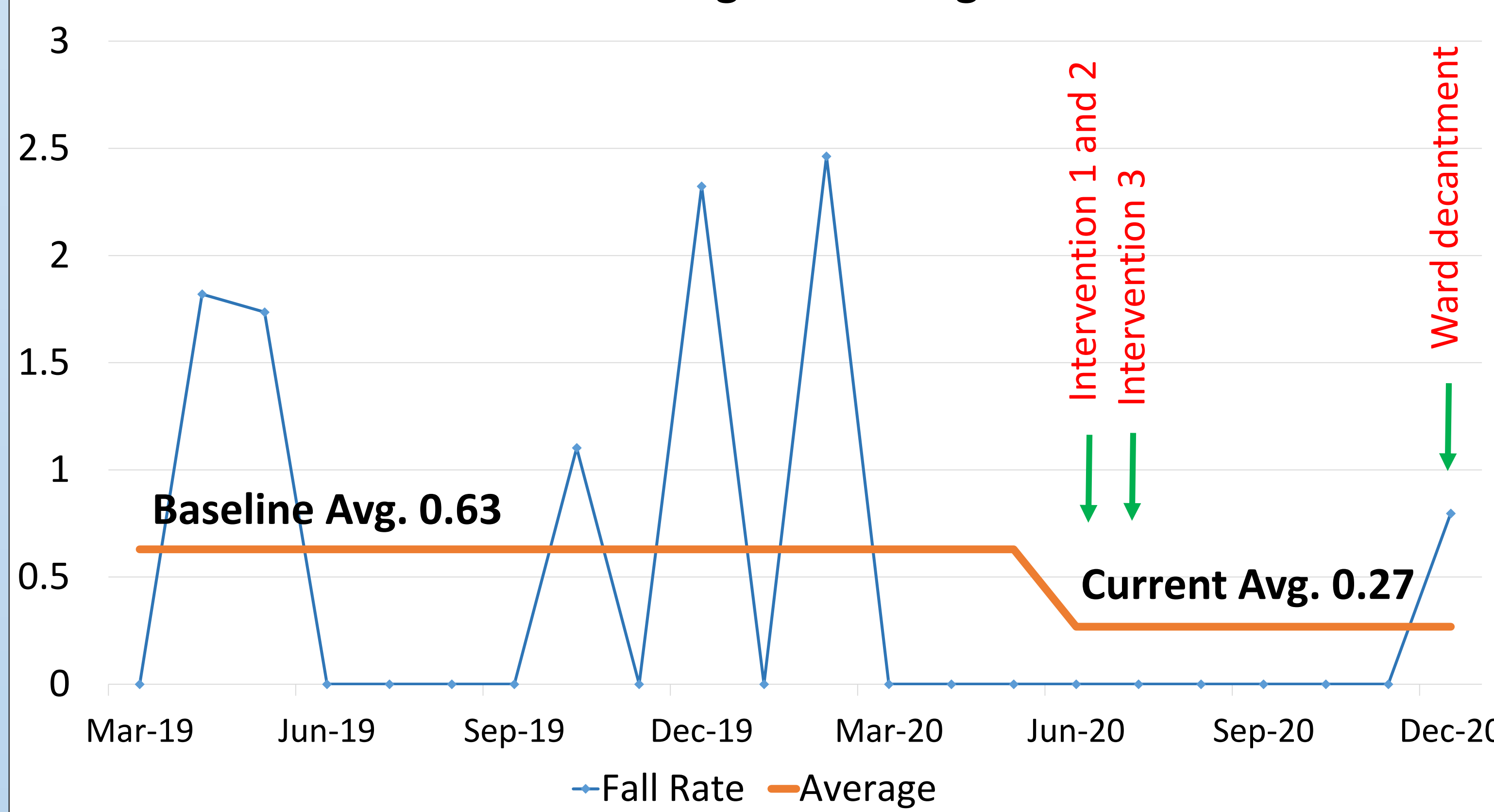
July

- **Implementation of reminder card** placed at nurses' counter desktops and computer-on-wheels (COWs)



## RESULTS

Fall Rate Relating to Toileting Needs



- ✓ Reduction of **57% falls related to toileting needs**
- ✓ **0 falls for 5 consecutive months**

New incidents of fall in December 2020 correlate to the decrease in compliance where the particular ward was decanted to another ward with new members in the team.

## CONCLUSION

With strong compliance to the new NG feeds regime and elimination rounds, the team has successfully eliminated falls related to toileting needs. As such, the nurse manager has adopted the interventions for the other General Medicine wards.