

Title of Intervention: A Targeted Falls Prevention Program

Intervention Strategies: Individual Education

Purpose of the Intervention: To reduce falls and injuries from falls

Population: Elderly adults

Setting: The Peter James Center, a metropolitan hospital for rehab and the care of elderly patients; health care facility-based

Partners: None mentioned

Intervention Description:

- Individual Education: The targeted falls prevention program consisted of a falls risk alert card with information brochure, an exercise program, an education program and hip protectors. After administration of the assessment tool, hospital staff used their clinical judgment to determine the need and appropriateness of each of the interventions. The assessment tool was kept with the admission medical record of all patients.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Nurses
- Training: Not mentioned
- Technology: Not mentioned
- Space: Not mentioned
- Budget: Not mentioned
- Intervention: Fall risk assessment tool, falls risk alert card with information brochure, exercise program, education program, hip protectors
- Evaluation: Statistical software, hospital fall reports

Evaluation:

- Design: Randomized controlled trial
- Methods and Measures: Incidence rate of falls, injuries related to falls and proportion of participants who experienced one or more falls during their stay in the hospital were determined through hospital reports.

Outcomes:

- Short Term Impact: Not measured
- Long Term Impact: Participants in the intervention group experienced significantly fewer falls than participants in the control group and significantly fewer falls resulting in injury.

Maintenance: Not mentioned

Lessons Learned: A targeted multiple intervention falls prevention program can reduce the incidence of falls in a hospital setting.

Citation(s):

Haines, T. P., K. L. Bennell, et al. (2004). "Effectiveness of targeted falls prevention programme in subacute hospital setting: randomised controlled trial." *Bmj* 328(7441): 676.