

**Title of Intervention:** Fall reduction in a rehabilitation setting

**Intervention Strategies:** Environments and Policies, Provider Education, Supportive Relationships

**Purpose of the Intervention:** To test the effectiveness of a falls prevention program

**Population:** Patients in a rehabilitation hospital

**Setting:** A 160-bed rehabilitation hospital; health care facility-based

**Partners:** An interdisciplinary committee of nursing and therapy staff

**Intervention Description:**

- Environments and Policies: Beds of patients at high risk for falls were flagged with small, bright fluorescent orange stickers.
- Provider Education: The care plan and chart for patients at high risk for falls were flagged with small, bright fluorescent orange stickers.
- Supportive Relationships: Routine follow-up was provided for all falls as a way to help patients understand why they fell. Staff discussed with the patients the events surrounding the fall, the recommended level of assistance for that activity, and the actual level of assistance being used at the time.

**Theory:** Not mentioned

**Resources Required:**

- Staff/Volunteers: Instructors
- Training: Training in levels of assistance protocol
- Technology: Not mentioned
- Space: Not mentioned
- Budget: Not mentioned
- Intervention: Stickers, access to patient information, levels of assistance protocol
- Evaluation: Access to reporting system

**Evaluation:**

- Design: Cohort
- Methods and Measures: Falls were assessed through an existing reporting system

**Outcomes:**

- Short Term Impact: Not measured
- Long Term Impact: Falls significantly were reduced in the intervention population.

**Maintenance:** An interdisciplinary committee was established to review research findings and fall reports, identify possible causative factors and analyze data summaries. Based on these, the committee made recommendations for environmental or program changes within the facility to assist with implementation on an as needed basis.

**Lessons Learned:** Not mentioned

**Citation(s):**

Rogers S. Reducing falls in a rehabilitation setting: a safer environment through team effort. Rehabil Nurs. Sep-Oct 1994;19(5):274-276.