

**Title of Intervention:** A Fall Prevention Program

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

**Purpose of the Intervention:** To reduce patient falls

**Population:** Hospitalized adults

**Setting:** St. Mary's hospital in Streator, Illinois; health care facility-based

**Partners:** Nursing Service Patient Care Committee

**Intervention Description:**

- **Environments and Policies:** A newly designed standard care plan was implemented in the hospital. The standard care plan had four main sections: assessment, patient and family education, environment and staff awareness. Assessments were to be made within 24 hours of admission and on the 8th and 15th days of hospital stay. When the patient was identified as high risk, the other parts of the plan were to be completed. The Environment section listed actions for ensuring environmental safety such as keeping the bed rails up.
- **Supportive Relationships:** The Patient and Family Education section listed actions for educating the patient and family on the use of hospital equipment, light system, bed control and bathroom facilities.
- **Provider Education:** The Staff Awareness section listed actions for making the staff more aware of the patient's high-risk classification.

**Theory:** Not mentioned

**Resources Required:**

- **Staff/Volunteers:** Nurses
- **Training:** Not mentioned
- **Technology:** Not mentioned
- **Space:** Not mentioned
- **Budget:** Not mentioned
- **Intervention:** Questionnaires, standard care plan
- **Evaluation:** Statistical software

**Evaluation:**

- **Design:** Case control
- **Methods and Measures:** Questionnaires were completed by nurses after each fall to provide information on number of falls, precautions in place and specific patient needs.

**Outcomes:**

- **Short Term Impact:** Not measured
- **Long Term Impact:** After the fall prevention program was in place, patient falls decreased and only one fall was experienced by patients identified as high risk. A majority of falls took place while the patient was trying to go to the bathroom.

**Maintenance:** Not mentioned

**Lessons Learned:** The implementation of a fall prevention program can reduce the frequency of patient falls. Offering assistance to patients more frequently would significantly reduce the number of falls.

**Citation(s):**

Rainville, N. G. (1984). "Effect of an implemented fall prevention program on the frequency of patient falls." QRB Qual Rev Bull 10(9): 287-91.