Title of Intervention: A Research-Based Comprehensive Fall Prevention Program

Intervention Strategies: Environments and Policies, Individual Education

Purpose of the Intervention: To prevent patient falls

Population: Hospitalized adults

Setting: Medical center in New York State; health care facility-based

Partners: None mentioned

Intervention Description:
- Environments and Policies: Providers followed a standardized nursing care plan. Fall risk alert signs and stickers were used to increase awareness of high-risk patients. New safety equipment was also utilized.
- Individual Education: Participants received a fall risk assessment. Nurses completed a written report for each fall.

Theory: Not mentioned

Resources Required:
- Staff/Volunteers: Nurses
- Training: Not mentioned
- Technology: Not mentioned
- Space: Not mentioned
- Budget: Not mentioned
- Intervention: Standardized nursing care plan, fall risk alert signs and stickers, safety equipment, fall risk assessment tool
- Evaluation: Nursing evaluations of falls

Evaluation:
- Design: Pre- and post-evaluation
- Methods and Measures: The number of falls was assessed through written nurse evaluations completed after a fall.

Outcomes:
- Short Term Impact: Not measured
- Long Term Impact: There was a significant decrease in patient falls per patient day.

Maintenance: Not mentioned

Lessons Learned: The complete and comprehensive fall prevention program demonstrates that nursing staff can effectively impact fall prevention.

Citation(s):
Schmid, N. A. (1990). "1989 Federal Nursing Service Award Winner. Reducing patient falls: a research-based comprehensive fall prevention program." Mil Med 155(5): 202-7.