

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

**Intervention Strategies:** Individual Education, Environments and Policies

**Purpose of the Intervention:** To decrease fall rates

**Population:** Adult neuroscience patients

**Setting:** Shands Hospital; health care facility-based

**Partners:** None mentioned

**Intervention Description:**

- Individual Education: Patients were assessed for risk factors associated with patient falls. Risk factors were identified through the use of the patient's history, nursing database and patient classification system. Patients with identified risk factors were placed on fall precautions, which included interventions specifically designed to prevent patient falls. A "potential for injury" care plan was initiated. Interventions for patients who were cognitively intact, aware of their deficits and able to comprehend and follow instructions included patient and family education, orientation to the environment, instruction on how to call for help, ensuring a safe environment, offering assistance with toileting and providing opportunities for mobility as much as possible under strict supervision. Participants were continuously assessed for risk factors throughout their hospitalization using the Nursing Productively and Quality system.
- Environments and Policies: A pre-printed "Fall Precautions" sign was placed on the room door to alert all staff to the fall potential. For patients in semi-private rooms, fall precautions signs specified either bed A or B. A sign was also placed over the patient's bed.

**Theory:** Not mentioned

**Resources Required:**

- Staff/Volunteers: Nurses
- Training: Not mentioned
- Technology: Not mentioned
- Space: Not mentioned
- Budget: Not mentioned
- Intervention: "Fall Precaution" signs, "potential for injury" care plans, Nursing Productively and Quality system
- Evaluation: Hospital reports

**Evaluation:**

- Design: Prospective
- Methods and Measures: The number of falls was determined through hospital reports.

**Outcomes:**

- Short Term Impact: The intervention resulted in increased staff awareness of the risk factors associated with falls among adult neuroscience patients.
- Long Term Impact: The number of patient falls decreased.

**Maintenance:** Not mentioned

**Lessons Learned:** Implementation of a patient fall prevention program can result in a decrease in the number of preventable falls on the neuroscience unit.

**Citation(s):**

Cohen, L. and P. Guin (1991). "Implementation of a patient fall prevention program." J Neurosci Nurs 23(5): 315-9.