

# CAPTURE Falls

Collaboration and Proactive Teamwork Used to Reduce

**Quarterly Collaborative Call #47**

**April 25, 2023**

**2:00 – 2:30 p.m. CT**

**Topic:**

**Reconnecting with Resources – Policies and Procedures, Fall Definition, and Fall Risk Assessment**

# AGENDA

- Housekeeping
- Reconnecting with Resources



# Housekeeping



## 1. Know Falls Event Reporting

- 2023 Quarter 2 reports coming soon
- Continue reporting to help facilitate learning from fall events and track your outcomes.
- Reminder for NCPS members: reporting to Know Falls = reporting to NCPS
- Contact us with REDCap issues (add users, remove users, password resets).



# Housekeeping

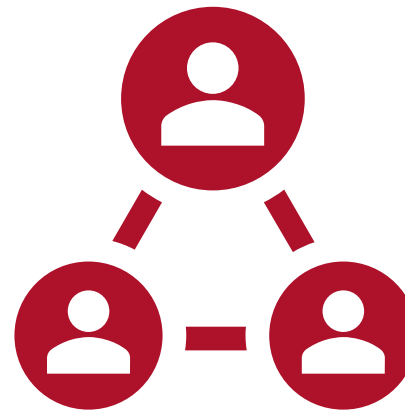


## 2. 2022 Fall Rate Benchmarks

- Request for patient days and confirmation of fall counts sent late Feb
- Thank you to those who shared/confirmed data! (15 hospitals)
- Aggregate rates for total, injurious, and unassisted falls will be calculated and shared back with you in May
- **We would still welcome data from additional hospitals.** Participation is important to create benchmarks for the entire collaborative and track your own progress



# Reconnecting with Resources: Part 2 of 4!



# CAPTURE Falls Roadmap

<https://www.unmc.edu/patient-safety/capturefalls/roadmap/index.html>

## Roadmap



Welcome to the CAPTURE Falls "roadmap." This roadmap provides an organizing framework of activities, educational resources, and tools to help you improve your fall risk reduction program. Different hospitals may want or need to visit different stops along the way (see stops below). Every hospital, however, is ultimately working towards the same destination of keeping their patients safe from falls and fall-related injury.



# Reconnecting with Resources



## Fall Risk Reduction Policies and Procedures

Set expectations and influence decisions, actions, and activities necessary for your fall risk reduction program.

[Learn More](#)



## Fall Definition

Specify what "counts" as a fall, and differentiate various types of falls (e.g. assisted vs. unassisted) as well as injuries.

[Learn More](#)



## Fall Risk Assessment

Identify patients who are at risk for falls and recognize their respective risk factors.

[Learn More](#)





# Fall Risk Reduction Policies and Procedures



CAPTURE Falls Roadmap Fall Risk Reduction Policies and Procedures: <https://www.unmc.edu/patient-safety/capturefalls/roadmap/fall-policies/index.html>

- **Policies** specify rules, principles, and guidelines
- **Procedures** specify the methods used to put policies into action





# Resources: Fall Risk Reduction Policies and Procedures



Education

Review educational options.



Tools

Select from a list of tools.

- ✓ Example Falls Policy
- ✓ Assessing Current Fall Prevention Policies and Practices



# Fall Definition

CAPTURE Falls Roadmap Fall Definition: <https://www.unmc.edu/patient-safety/capturefalls/roadmap/fall-definition/index.html>



“A fall is a sudden, unintended, descent of a patient’s body to the ground or other object (e.g., onto a bed, chair, or bedside mat) that can be assisted or unassisted.”

- Agency for Healthcare Research and Quality Common Formats  
Version 2.0

- **Sudden** – happening or coming unexpectedly; an unexpected occurrence
- **Unintended** – not planned as a purpose or goal; not deliberate or intended
- **Descent** – the act of process of descending from a higher to a lower level, rank, or state; an inclination downward
- **Or other object** – would the patient have reached the ground if the other object was not there?

# Fall Definition: Unassisted vs. Assisted



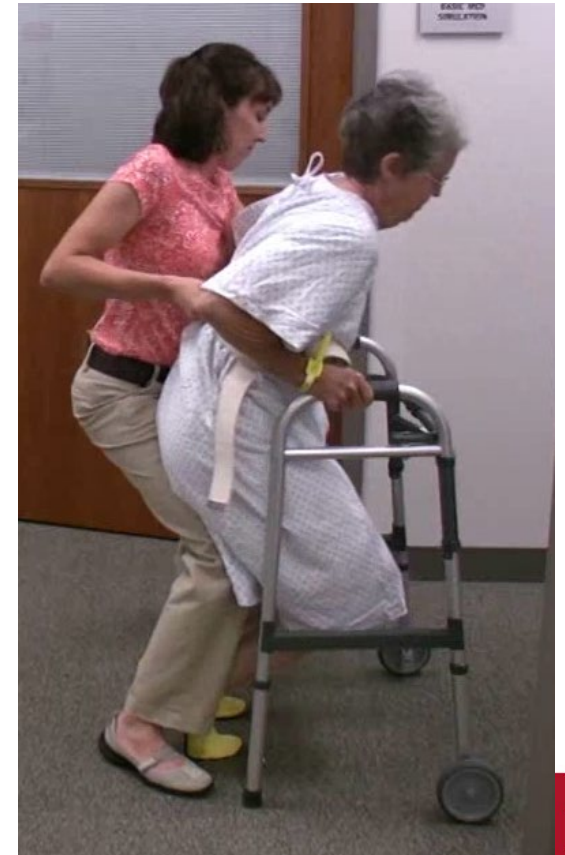
CAPTURE Falls Roadmap Fall Definition: <https://www.unmc.edu/patient-safety/capturefalls/roadmap/fall-definition/index.html>

## Unassisted

- Fall occurs without hands-on assist from another person
- May or may not be observed

## Assisted

- When a patient begins to fall and is assisted to the ground or other object by another person
- Ideally occurs with a gait belt to allow the caregiver to control the patient's descent



# Fall Definition: Non-Injurious vs. Injurious



CAPTURE Falls Roadmap Fall Definition: <https://www.unmc.edu/patient-safety/capturefalls/roadmap/fall-definition/index.html>

## Non-Injurious

- Patient is not harmed by the fall

## Injurious

- Patient is harmed by the fall
- Harm ranges from minor injury to death

### Minor

- Fall resulted in application of dressing, ice, cleaning of wound, limb elevation, topical medication, bruise or abrasion

### Moderate

- Fall resulted in suturing, application of steri-strips/skin glue, splinting or muscle/joint strain

### Major

- Fall resulted in surgery, casting, traction, consultation for neurological (e.g. skull fracture, subdural hematoma) or internal injury (e.g. rib fracture, liver laceration) or need for blood products

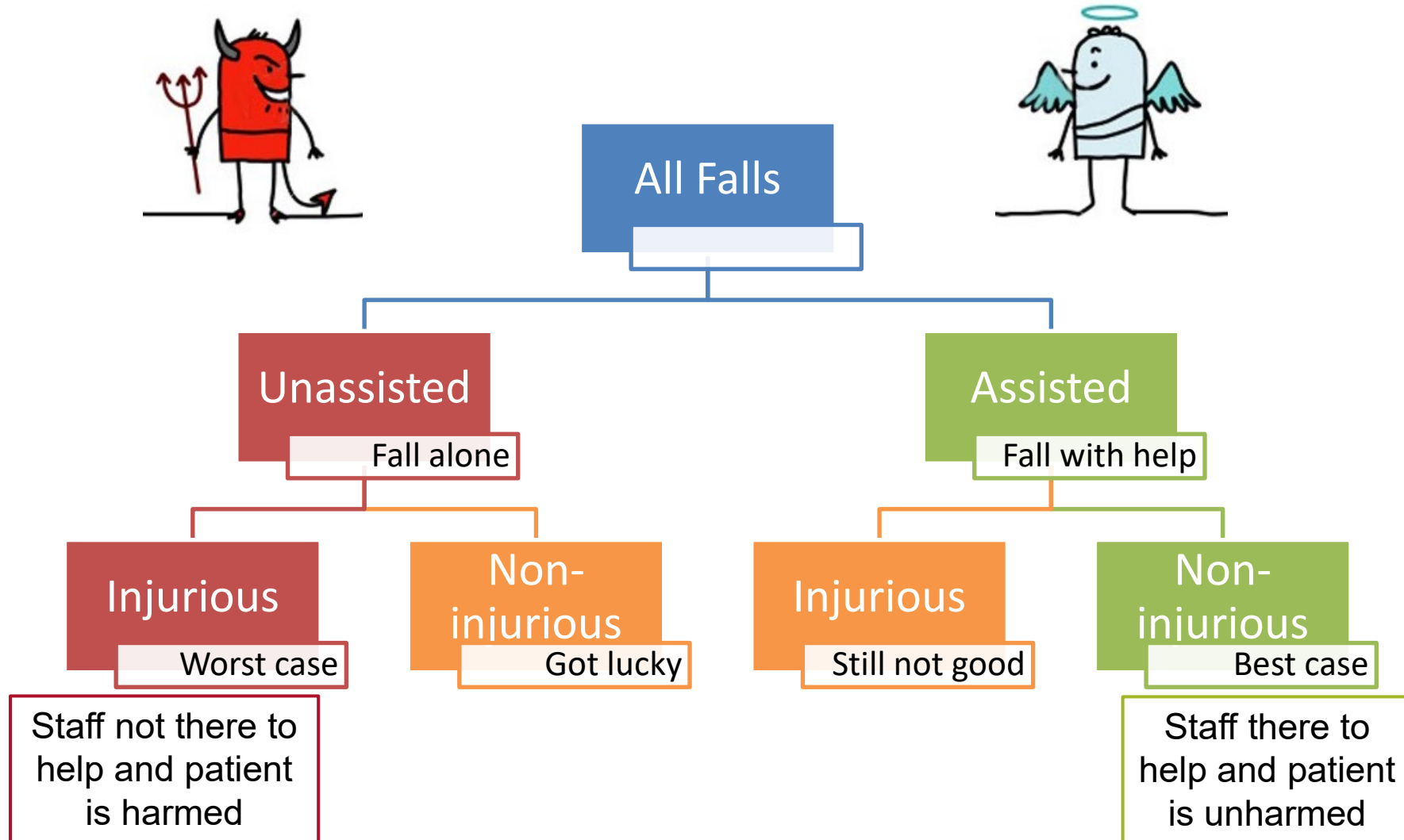
### Death

- Patient died as a result of injuries sustained from the fall

# Fall Definition: Four Types of Falls



CAPTURE Falls Roadmap Fall Definition: <https://www.unmc.edu/patient-safety/capturefalls/roadmap/fall-definition/index.html>



# Resources: Fall Definition



Education

Review educational options.



Tools

Select from a list of tools.

- ✓ AHRQ Common Formats for Event Reporting – Hospital Version 2.0 Definition of a Fall
- ✓ Fall Definition Types and Handout
- ✓ Research Paper – Factors Associated with Unassisted and Injurious Falls
- ✓ Editorial Paper – Tension Between Promoting Mobility and Preventing Falls



# Fall Risk Assessment

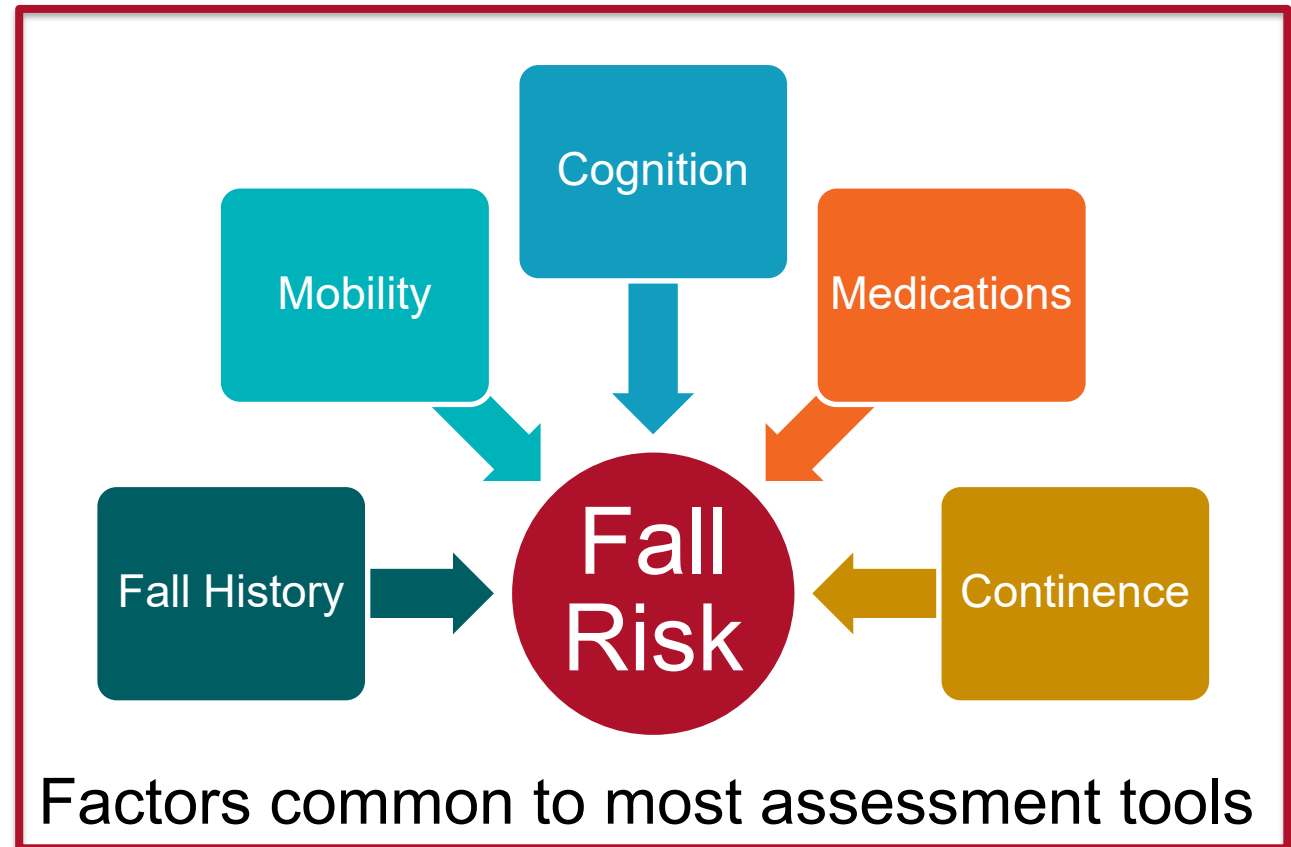


CAPTURE Falls Roadmap Fall Risk Assessment: <https://www.unmc.edu/patient-safety/capturefalls/roadmap/fall-risk-assessment/index.html>

A fall risk assessment (screening tool) can help staff identify patients who are at risk for falls.

Important for developing the fall risk plan of care

No tool accurately identifies fallers and non-fallers 100% of the time!



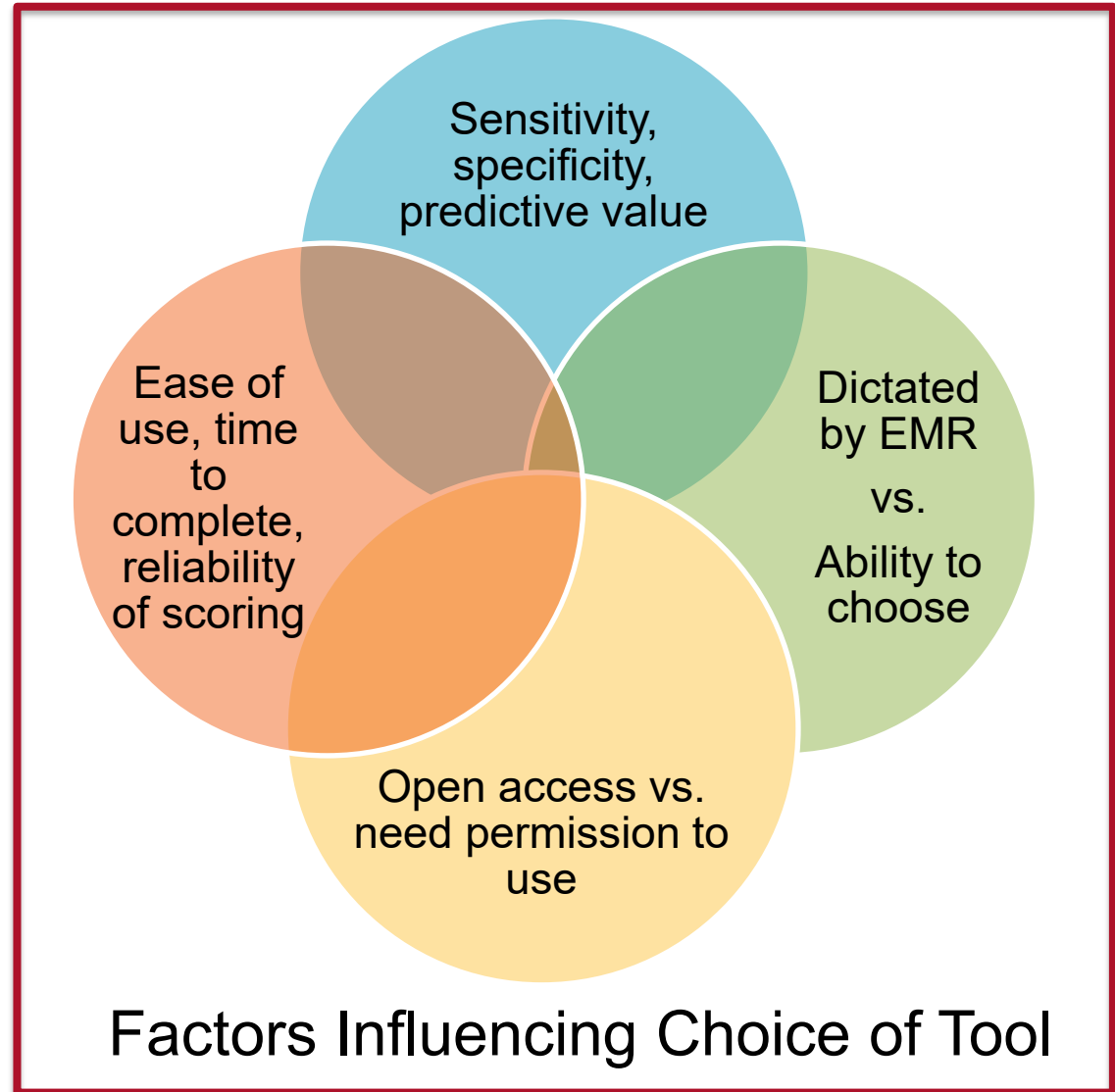


# Fall Risk Assessment



CAPTURE Falls Roadmap Fall Risk Assessment: <https://www.unmc.edu/patient-safety/capturefalls/roadmap/fall-risk-assessment/index.html>

- Various tools exist
- Examples:
  - Morse
  - Schmid
  - FRASS
  - Johns Hopkins
  - Hendrich II
  - Hester-Davis



# Fall Risk Assessment



CAPTURE Falls Roadmap Fall Risk Assessment: <https://www.unmc.edu/patient-safety/capturefalls/roadmap/fall-risk-assessment/index.html>

Fall risk can change throughout hospitalization.  
Assess fall status frequently.



Upon admission



Regular intervals (e.g. every shift, daily)



After a fall



After any change in patient status



# Fall Risk Assessment



CAPTURE Falls Roadmap Fall Risk Assessment: <https://www.unmc.edu/patient-safety/capturefalls/roadmap/fall-risk-assessment/index.html>

## What to do with the results of a fall risk assessment?

### **Use bundle of interventions based on a specific score**

- + Policy is clear; staff have clear expectations
- Interventions may not match a patient's risk factors

### **Match interventions to risk factors identified on the tool**

- + Interventions match a patient's risk factors
- Dependent upon clinical judgement; room for error

A combination of both approaches is likely best



# Resources: Fall Risk Assessment



Education

Review educational options.



Tools

Select from a list of tools.

- ✓ Fall Risk Assessment Tool Performance Worksheet
- ✓ Case Study: Choosing a Fall Risk Assessment
- ✓ Standardized Assessment of Fall Risk Factors (AHRQ Resource)
- ✓ Linking Bedside Interventions to Patient Risk Factors Table



# Resources: Consultations with the UNMC CAPTURE Falls Team

We are here to support YOU!

## Initial Steps

- Begin engagement or re-engagement with UNMC team on a rolling basis
- Form your team
- Complete gap analysis
- Form action plan

## Resources Available

- At least one consultative meeting with UNMC team to review gap analysis and action plan
- Use of CAPTURE Falls online roadmap
- **Additional consultation with UNMC team “on-demand”**
- Quarterly collaborative calls for education and program updates
- Know Falls database for reporting and learning from falls

## Sustainment

- Monitor progress towards goals on action plan
- Monitor fall rates; compare with benchmarks
- Update gap analysis when appropriate

Can also “jump in” anywhere in your fall risk reduction process for focused topic-specific support

# Reminders

1. Future Collaborative Calls/Educational Opportunities: Reconnecting with Resources Series
  - Tuesday July 25, 2023, 2:00-2:30pm CT: Interventions and Auditing
  - Tuesday October 24, 2023, 2:00-2:30pm CT: Post-Fall Clinical Assessment, Post-Fall Huddles, Reporting
2. Looking for fall risk reduction resources?

**Click here:** <https://www.unmc.edu/patient-safety/capturefalls/index.html>

Still can't find what you are looking for? Let us know what we are missing!



# Assistance is an email away!

Contact us for more information about:

- Fall risk reduction best practices: Dawn ([dvenema@unmc.edu](mailto:dvenema@unmc.edu))
- Team performance, quality improvement and implementation challenges: Vicki ([victoria.kennel@unmc.edu](mailto:victoria.kennel@unmc.edu))
- Know Falls and Online Learning (REDCap): Dawn ([dvenema@unmc.edu](mailto:dvenema@unmc.edu)) and/or Matt ([matthew.mcmanigal@unmc.edu](mailto:matthew.mcmanigal@unmc.edu))
- General questions or not sure?: [CAPTURE.Falls@unmc.edu](mailto:CAPTURE.Falls@unmc.edu)

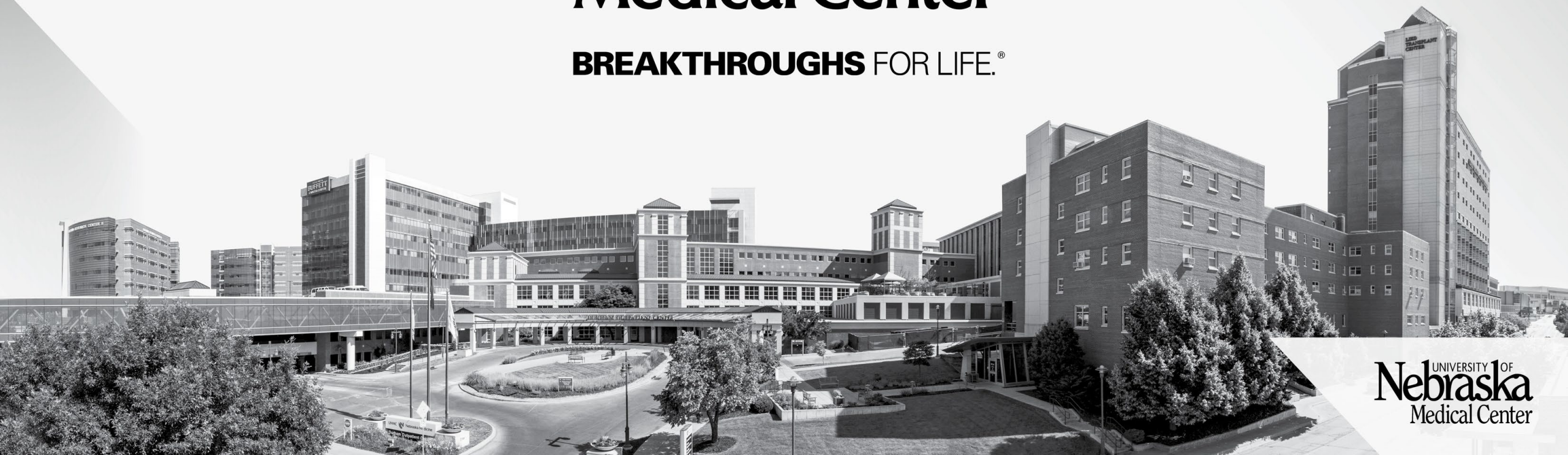






# University of Nebraska Medical Center<sup>SM</sup>

**BREAKTHROUGHS** FOR LIFE.<sup>®</sup>



UNIVERSITY OF  
**Nebraska**  
Medical Center