CATCH RURAL Falls

Coordinated Action Toward Community Health: RedUce Risk And Limit Falls

Applying the Model for Improvement to Fall Risk Screening

University of Nebraska Medical Center

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Introductions and Contact Information

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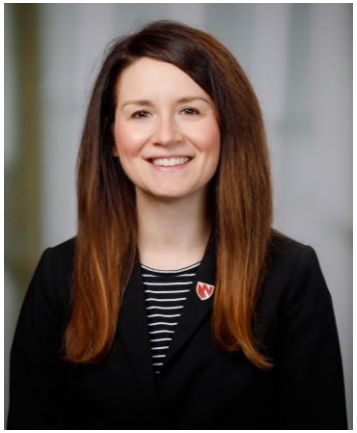
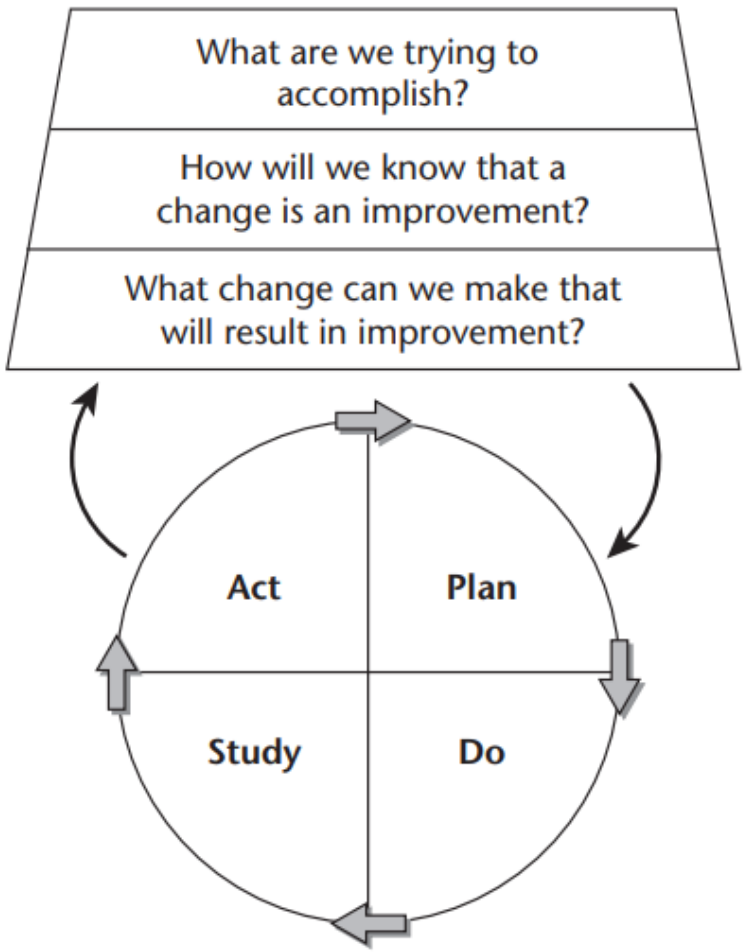


Educational Objectives

- Describe the Model for Improvement
- Create an aim statement for your fall risk screening improvement efforts
- Establish outcome, process, and/or balancing measures for your fall risk screening improvement efforts
- Identify specific change(s) to test to improve fall risk screening

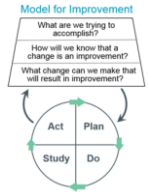
The Model for Improvement



- ✓ Provides a framework for developing, testing, implementing, and spreading changes that result in improvement
- ✓ Can be applied widely to many different types of problems and situations
- ✓ Attempts to balance careful study with action
- ✓ Emphasizes and encourages 'trial-and-learning' as an iterative process for improvement
- ✓ Allows project plans to adapt as learning occurs

Langley GL, Moen R, Nolan KM, Nolan TW, Norman CL, Provost LP. The Improvement Guide: A Practical Approach to Enhancing Organizational Performance (2nd edition). San Francisco: Jossey-Bass Publishers; 2009. Model for Improvement Figure 1.1. Permission obtained from John Wiley and Sons on 1.13.2025 to use this figure in this presentation.

Creating a Project Aim Statement



Aim Statement:

A clear summary statement of what your team hopes to achieve in a measurable way over a specific amount of time including the magnitude of the change you will achieve

Aim Statement Formula Templates:

- To improve (your process/problem) from (baseline)% to (target)% by/over (timeframe), among (your specific population), *by doing (your intended changes)*

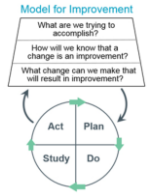
- To increase / decrease _____ (process/outcome), from _____ (baseline %, rate, #, etc.), to _____ (goal/target %, rate, #, etc.), by/over _____ (date, timeframe), in _____ (population impacted), *by doing* _____ *(changes planned)*

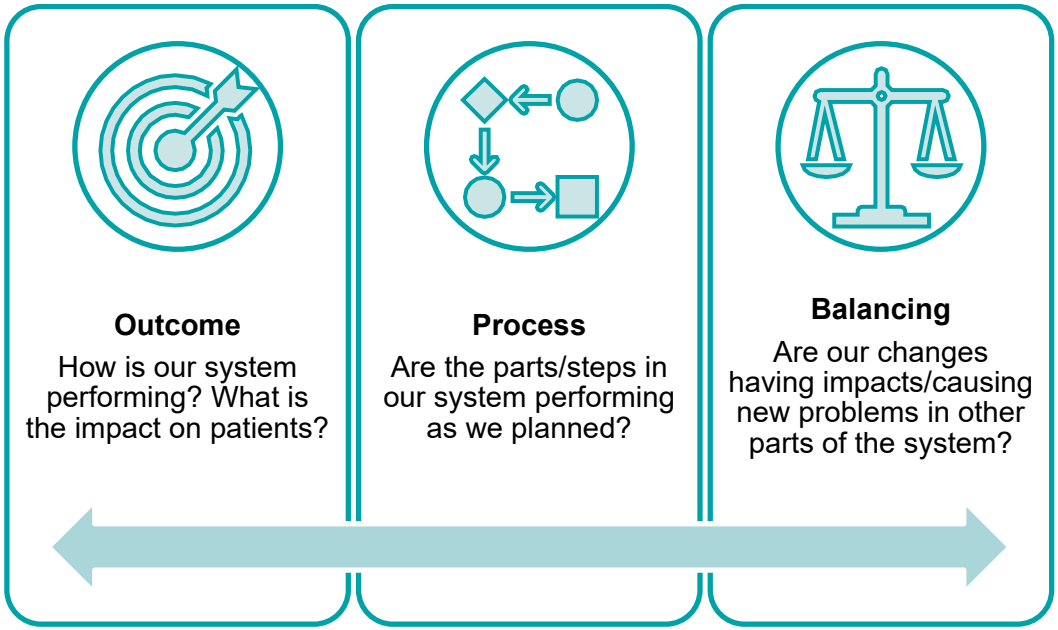
Fall Risk Screening Aim Statement Example

To increase fall risk screening completion rates from 50% to 90% over the next six months for all adult patients ages 65 and over who visit the clinic.

Institute for Healthcare Improvement. Aim Statement Worksheet. https://www.ihi.org/resources/tools/aim-statement-worksheet

Establishing a Family of Measures





- ❑ Name the measure (many are # of, % of, or a rate)
- ❑ Provide a clear operational definition of your measure including the numerator and denominator (if applicable)
- ❑ Clarify who will collect the data, how often, what is included/excluded

Fall Risk Screening Example

Outcome: The percent of adult patients ages 65 and older eligible for a fall risk screening with a completed fall risk screening documented in their medical record

Process: The percent of adult patients ages 65 and older eligible for a fall risk screening that are offered the screening

Balancing: The average length of time to get the screening results from the patient to a provider for use in the appointment

Provost, L. P. & Murray, S. K. (2011). *The health care data guide: Learning from data for improvement*. John Wiley & Sons.
Institute for Healthcare Improvement. Quality Improvement Project Measures Worksheet. https://www.ihi.org/resources/tools/quality-improvement-project-measures-worksheet

Change Concepts to Inform Fall Risk Screening Improvement Ideas

Focus on the service

- What improvements can you make to the design of the service?
- e.g., What fall risk screening tool(s) work well for your patient population? When might you offer a fall risk screen? How do you inform patients about the process?

Enhance the patient relationship

- How can you better understand and respond to patient needs?
- e.g., What are patients receptive to for fall risk screening? What is necessary to overcome any resistance?

Manage time

- How can you reduce/optimize the time spent on organizational functions?
- e.g., How can you streamline your fall risk screening process?

Manage variation

- How can you reduce the frequency of poor results?
- e.g., How can you standardize your fall risk screening processes so that all eligible patients receive a screening? What efforts can you take to verify the accuracy of screening responses?

Improve workflow

- How can you change the workflow so that the process is planned and flows smoothly?
- e.g., When is best in the patient's visit to complete the fall risk screening? How are results shared with the medical staff? When are results documented into the EMR?

Change the work environment

- What would make the environment better able to support improvement?
- e.g., What information, training, resources are needed to support changes to your fall risk screening process?

Institute for Healthcare Improvement. Quality Improvement Project Change Concepts Worksheet. https://www.ihi.org/resources/tools/quality-improvement-project-change-concepts-worksheet

Summary: Review of Objectives

- The Model for Improvement can guide fall risk screening improvement efforts
- A clear aim statement guides your work and informs what success looks like for your improvement efforts
- Clearly defined measures help to inform if you achieved your aim, made a difference, and the impact of your changes
- Think carefully about the specific changes you want to test to improve fall risk screening practices

Model for Improvement Resources

- Institute for Healthcare Improvement. Aim Statement Worksheet. https://www.ihi.org/resources/tools/aim-statement-worksheet
- Institute for Healthcare Improvement. Quality Improvement Project Measures Worksheet. https://www.ihi.org/resources/tools/quality-improvement-project-measures-worksheet
  Institute for Healthcare Improvement. Quality Improvement Project Change Concepts Worksheet. https://www.ihi.org/resources/tools/quality-improvement-project-change-concepts-worksheet

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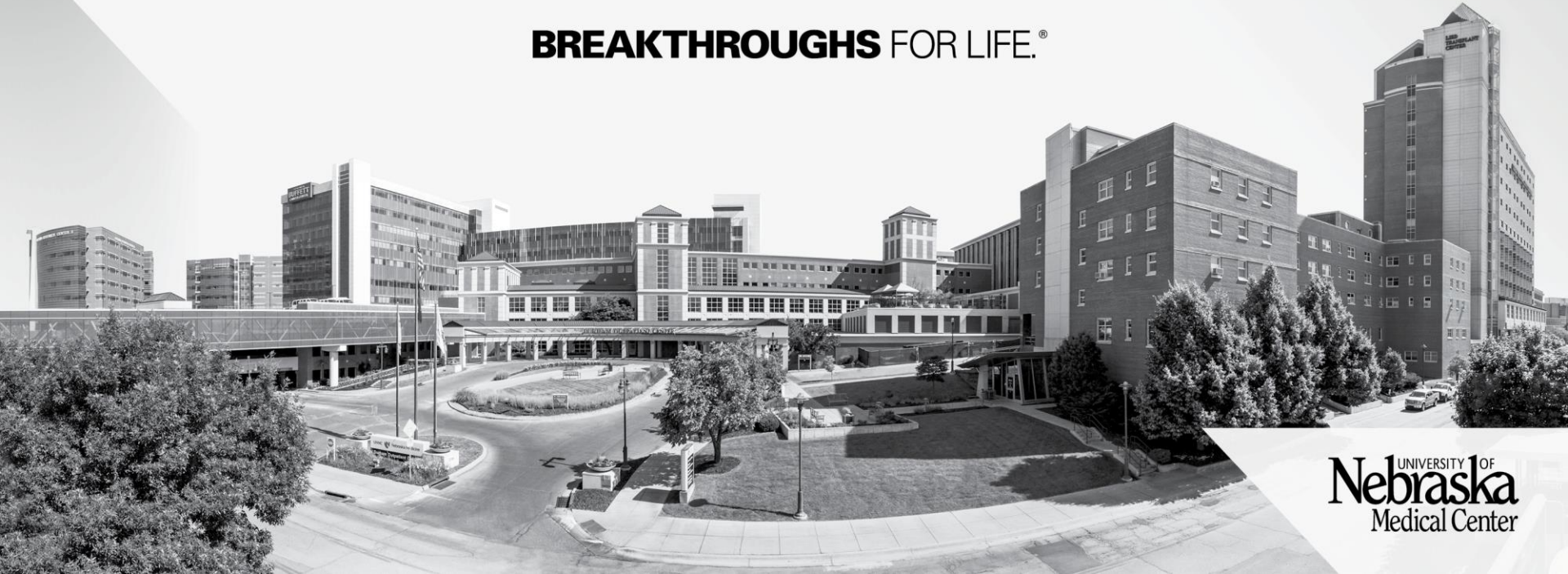

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