

**PLEASE CALL, DON'T FALL!
EDUCATING PATIENTS ABOUT FALL PREVENTION**

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Purpose:

The purpose of this project is to determine additional ways to decrease fall rates at John Muir Concord Campus (JMCC) other than the fall prevention standards currently in place. Does staff provided education increase medical/surgical patients and families' awareness of their fall risk resulting in increased patient compliance with fall precaution standards and decreased fall rates?

Background:

A fall risk program was instituted in March 2006 at JMCC yet the fall rates for the hospital and A3W remain higher than the goals set forth by administration. JMCC strives to have the number of falls/ 1000 patient days land in the lower quartile of CalNOC's reported fall data as well as lower than the NDNQI average for patient falls. A review of the literature showed that JMCC was implementing many best practices in the current fall program such as providing non skid slippers, hourly rounding, bed alarms, fall risk identifiers, and utilization of a fall risk assessment tool. There was one best practice identified in the literature that JMCC was not practicing, educating patients of fall risk and prevention.

Methods:

Observational and chart audits were conducted on A3W to measure current compliance of fall precaution standards that were already in place, as listed above. A brochure to provide to patients on fall risk and prevention was created. The staff was then educated on the results of the preliminary audits and staff compliance. The brochure was also introduced to the staff through one on one education, poster presentations, and e-mails. The brochure was to be distributed by the staff and then documented in the patient teaching record. Our charting record was also changed to incorporate patient and family teaching on fall precautions.

Results:

There have been no falls on A3W since the staff education and introduction of the brochure. 86% of patients and families reported that they had received the brochure while on A3W. 94% of staff are documenting that they provided fall precaution information to patients and families. People are talking and are more aware about fall prevention; therefore fall rates have decreased in this short time.

Key Words: Falls, Fall Prevention, Patient/Family Education