

The Development of a Task Force to Create a Fall Prevention Plan in a Long-Term Care Facility

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INTRODUCTION

- The DNP project focus is to impact nursing practice and patient outcomes related to falls in a skilled nursing care facility.
- The implementation of a task force to develop a fall prevention plan among the residents will reduce falls for this patient population, and patient outcomes should improve.
- Build upon "The Model for Evidence-Based Practice Change" by Rossworm and Larrabee.
- A fall is defined as an event that results in a person coming to rest inadvertently on the ground or floor or other lower level, with or without injury which may be witnessed or unwitnessed.

PURPOSE

The purpose of the project was to lead a stakeholder task force to develop a fall prevention plan in a long-term care facility.

Framework

Model for Change to Evidence-Based Practice

Adapted from Rossworm & Larrabee (1999)



Task Force

- The model for evidence-based practice change Rossworm & Larabee provided the framework for this project.
- Steps 1 through 4 of the 6-step model were implemented as the investigator redefined the practice problem; located, analyzed, and appraised the best evidence; and designed the practice change.
- The task force is comprised of the Executive Director, Assistant Executive Director, Medical Director, In-House Physician, and the Director of Nursing. Also, the Assistant Director of Nursing, Educator, Case Worker, Activity Director, Assistant Activity Director, and the Activity CNA.
- These members of the task force helped to direct the task.



DISCUSSION

- The long-term care targeted in this project is one of the largest in the Central Florida area. The focused unit, C-Wing statistically has more falls than the A and B-Wings. The A and B-Wings have designated areas for more activities.
- The task force agreed that doing more activities with the residents in C-Wing can potentially reduce the incidents of fall. There has been an instance that the fallen resident voiced that they were bored.
- Nurses and Certified nursing assistants need to take residents at risk for falls to the activity already in place at the scheduled times. Nurses and CNA'S should utilize the help of nursing students to engage residents in more activities such as taking residents to the gazebo, reading to residents, among other activities.
- The recommendation is that no resident is left in the room and that all residents should engage in an activity of their choice.
- The short-term evaluation of the task force was based on the recommendation which was started immediately.
- The plan is determined a success because the unit manager for C-Wing is happy with the recommendations and plans to implement. The long-term evaluation will take place in three and six months by comparing the falls in C-Wing pre-task-force and post-task force recommendation.



CONCLUSIONS

- Nurses and Certified Nursing Assistants in a long-term facility need to be able to identify patients at risk for falls.
- Certified nursing assistants and nurses need to follow rounding protocols already in place to make sure patients' needs such as toileting are met.
- Residents at risk for falls need to be taken to the activity already in place at the scheduled times and check on the residents every two hours or as individually scheduled.
- Nurses and CNA'S should utilize the help of nursing students to help engage residents in activities such as taking residents to the gazebo, reading to residents, conversing, playing games and painting and drawing.
- The recommendation is that no resident left in the room and all residents should engage in the activity of choice which will decrease the incidence of falls. The short-term evaluation of the task force was based on the recommendation which was started immediately, and it is determined a success. The long-term evaluation will be evaluated in two to six months by comparing the falls in wing C of this long-term care pre-task force and after the task force recommendation.

REFERENCES

- Available upon request

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RESULTS

- The task force held meetings that culminated with a policy revision that incorporates the requirement that the residents in C-Wing will be kept busier through engagement in activities outside their rooms.
- The residents can engage in activities of their choice such as playing cards, bingo, crochet, finger painting, reading magazines and other activities to keep them physically and mentally busy.
- All the employees have the responsibility to watch out for the residents and report anything they see that could contribute to falls.
- Nurses and certified nursing assistants will be educated on patients at risk for fall and to work as a team in making sure that the residents are out of their rooms and participating in one activity or the other.

Number of falls	A-Wing	B-Wing	C-Wing
January 2019	5	9	19
February 2019	7	9	16
March 2019	8	10	11

Table 1..Most falls are on C Wing

