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 Rosswurm 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 Rosswurm & Larabee (1996)

Task Force

- The model for evidence-based practice change Rosswurm & 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.

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.

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 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

CONTACT

- Ihedinachi Linda Ukazim, DNP, RN.
- Email Address: ihexlin@yahoo.com
- Phone Number: (407)716-1284

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

Ihedinachi Linda Ukazim, DNP, RN.