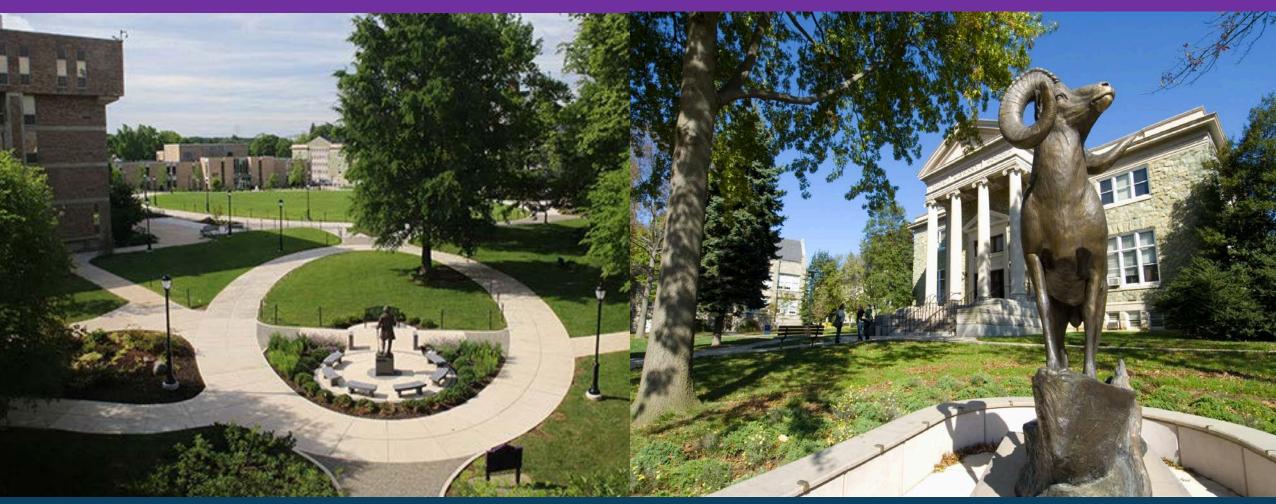
# In-Hospital Newborn Falls: How big is the problem?

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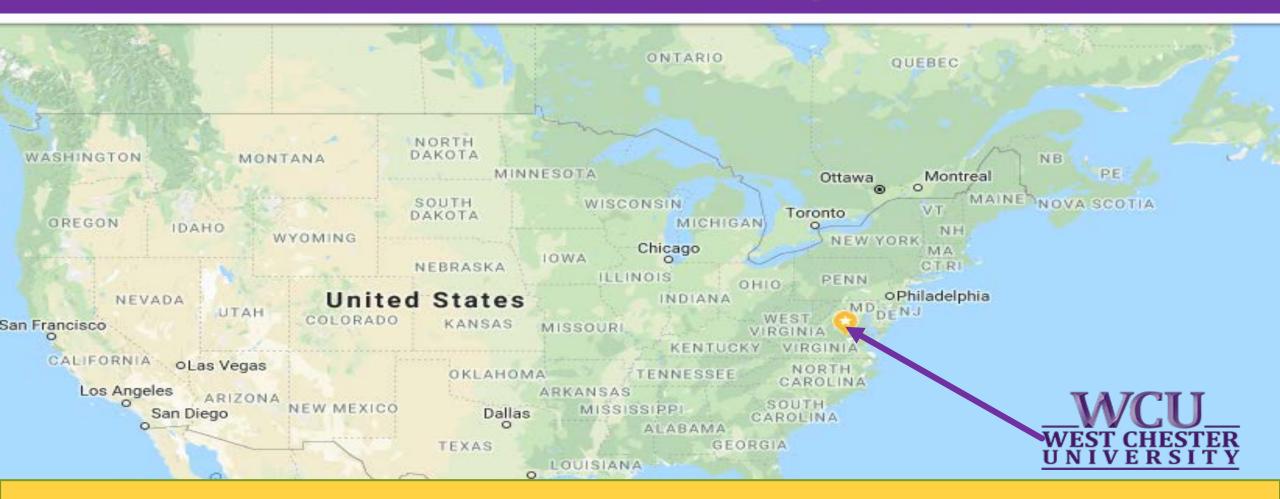


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No Conflict of Interest Images are from publicly accessed resources

# Objectives

- Explore the potential causes, conditions, injuries, and outcomes of newborns falls
- Investigate procedures to assess risk for newborn falls and prevention

## Newborn FallS: Definition

- ► Unplanned descend to the floor¹
- https://www.youtube.com/watch?v=Mfi-

Nnf3uDA



<sup>1.</sup> Providence Women's health, Oregon, 2011

<sup>2.</sup> Maternal and infant health center in Yanji, northeast China, 2017, 23 Sec.

## Incidence

- Newborn fall rate 1.6-4.14/10,000 live births (US)
- Approximately 600-1600 newborn falls/year
- In-hospital falls is 160 times that of infant abductions (Gaffey, 2015)
- Underreported = Unrecognized (Teuten et al., 2015)
- ► The Joint Commission report in 2010

# Factors contributing to falls

- Maternal factors
  - Recent pain medication
  - Sleepy mother or caregiver (baby slides off)
  - ► 'Trips' on IV Line while carrying the infant
- Family distraction







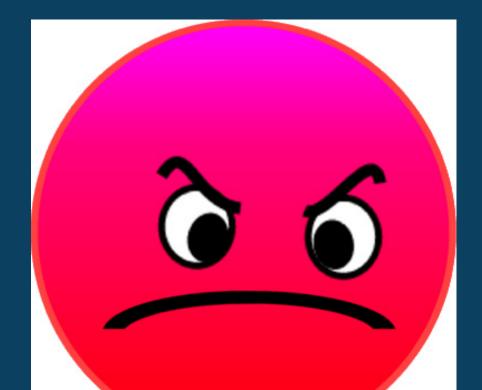
# Factors Contributing to Falls

- Mechanical
  - ► Bed design
  - ▶ 'Boppy' and twins
- ▶ Other
  - ► Seizure in an adult
  - Hypoglycemia



# Factors Contributing to Falls

- Jealous sibling
- ► Midnight shift/or early hrs. (60% from MN-7 AM)



# Why Underreported?

- ► Reluctant family-guilt
- Fear of retaliation by employees
  - No documentation
- Anticipate 'everything will be ok'
- ► No obvious injury





#### Outcomes of newborn falls

- ▶ Minor
  - **Bumps**
  - **Bruises**
  - ▶ Abrasions
- Major
  - Depressed skull fractures
  - Subdural hematoma
  - Subarachnoid bleed





### Outcomes of Newborn Falls

- Overall outcomes are largely unknown due to underreporting
- Suspicion of abuse/neglect
- Long term outcome is unknown: Gap in literature

# Consequences of Newborn Falls

- ► To infant: injuries of varying types
- Parental: guilt, suicide, legal allegation
- Institutional: grieving staff, decline in quality score/family satisfaction
- Community: Poor reputation for the hospital
- Accreditation: Potential loss of accreditation if not improved

## After the Fall

- Work up the infant for any impact of fall
- All newborn falls:
  - Physical Assessment → Monitor → Document/report → Root cause analysis.
  - Presence of hematomas/injury or change on LOC:
  - X-ray/CT scan/MRI/surgical intervention
    - Negative findings→ monitor→ discharge

## Interventions for Prevention

- Raise awareness:
  - Safety contracts for parents
  - Verbal reminders
  - ► 'No co-sleeping' policy
  - Safety signs in patient rooms
- Family Support
  - ► Uninterrupted maternal rest, cluster care
  - Support breastfeeding mothers
  - Emotional support to parents

## Intervention for Prevention

- Evaluate each newborn for risk of fall
- Hourly rounding
- Safer design of hospital equipment
  - Bed with a different type of rails
  - ► Lower bassinet
  - Safe newborn feeding & transport
- QI initiatives-database?
- Reporting



# Nurse's Responsibility

- Advocacy and innovation
- ▶ldeas:
  - ► Floor padding
  - ► Netting of side
  - **►**Sling





#### Parent Education

- Risks of newborn falls
- Consequences of newborn falls
- Techniques to reduce risk of newborn falls
- Safe sleep in the hospital and at home
- Importance of reporting falls



## Conclusion

- Newborn falls are an important issue; a never event
- Reporting is essential
- Debrief after a fall
- Nurses can help reduce the risk of newborn falls
- Family support is essential to reduce parental guilt
- Be an innovator
  - Advocate for safe bed and crib design

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