Title: Nurse-Led Intervention to Prevent Patient Falls

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Purpose: To develop and test the effectiveness of a web-based fall prevention tool kit (FPTK) in four acute care hospitals.

Background:
- Falls are a global public health problem.
- The risk of falling increases in a hospital because of the unfamiliar environment, illnesses, and treatments.
- Older adults are more likely to be injured from a fall.
- Harmful falls increase hospital costs and lengths of stay.
- Nurses and other hospital personnel need tools and strategies to prevent falls.

Methods:
- The researchers developed the FPTK using qualitative methods that involved patients, family caregivers, and professional and paraprofessional staff members.
- Usual care was given to 5,104 patients in four units and 5,160 patients in four units received the intervention.
- The researchers compared fall rates among patients who received usual care with fall rates among patients who received the intervention in four urban U.S. hospitals.

Key Findings:
- The intervention units had a significantly lower adjusted fall rate than control units.
- The intervention was much more effective among older patients. Patients aged 65 years or older benefitted the most from the FPTK.
- The researchers saw no significant effect of FPTK on fall-related injuries.

Charts:
- Example of a Fall TIPS Bed Poster
- Example of a Fall TIPS Plan of Care
- Example of Fall TIPS Patient Instructions

References:
