Fall Reduction Innovation: A Brochure to Meet Patient/Family Education Needs
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Purpose
• The 4C Cardiac & Thoracic Surgery unit data exhibited a higher than desired fall rate averaging 2.5 falls per 1000 days over the past year.
• Nursing student groups worked to synthesize the literature for evidence based practices to reduce falls.
• A mechanism for educating patients and families about individualized risk factors for falls and strategies to prevent falls in the form of a brochure was identified.

Synthesis
• Patient/family education about falls is an effective intervention (Stern & Jayasekara, 2009).
• Multifactorial Interventions utilizing “Fall Prevention Tool Kits” are effective (Cameron et al., 2010).
• Patient education tools should be tailored to meet the needs of specific patient populations and their risk factors (Dykes et al, 2010).

Change
• An educational brochure was developed in order to help facilitate a discussion between the nursing staff and patients regarding patient’s specific risks of falls and what can be done to help prevent patients from falling.
• The brochure includes risk factors, what patients can do to keep themselves from falling, what the hospital staff does to help prevent falls and what patients should do if they fall during their hospital stay.

Implementation Strategies
• The falls brochure was added to the unit admission/welcome packets.
• Nurses were educated of the change through email, staff meetings, and announcements at change of shift and were instructed on their responsibilities.
• Nurses will check the risk factors that relate to each patient before giving the brochure to the patient.
• Nurses will discuss specific risk factors with each patient and discuss ways to prevent falls using the brochure as a reference.

Evaluation
• Fall rates trends will be followed using institutional fall graph data.
• Survey data will be collected from nursing and patients/families including:
  • Overall impression of brochure
  • Usefulness of brochure
  • If brochure assisted with increasing patient/family knowledge of fall prevention
  • If brochure provided a useful reference for staff to broach the topic of falls

Significance
• A falls brochure is helpful in providing a reference for staff to educate patients/families
• Education about falls assists patients/families to partner with nursing to prevent falls

References