Beyond the Bundle…
Strategies to Reduce Falls in the Geriatric Psychiatry Unit

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Objectives
Upon completion of this presentation, participants will be able to:
• Identify 2-3 effective interventions for use in a Geriatric Falls Prevention Program.
• Describe 1-2 potential innovative practices to utilize in their professional environment.
• Describe 1-2 barriers to implementation of identified interventions in their practice setting.

Sparrow Hospital
Lansing, Michigan

- 733 licensed beds
- 7500 Caregivers
- Magnet Recognition since 2010
- Only Michigan Hospital to be named a member of the Mayo Clinic Care Network
- Affiliated with the Michigan State University College of Human Medicine, College of Osteopathic Medicine, and College of Nursing

GPU Demographics

Population: Mix of cognitively impaired and cognitively intact patients, 65 and older. Housed on the St. Lawrence Campus of Sparrow Hospital 2.5 miles from the main hospital campus.

Capacity: 23 Beds
Average Daily Census (ADC): 14
Average Length of Stay (ALOS): 14 days

Staff: Formal guideline (grid) for number of RNs and Psychiatric Technicians (PTs) based on census

Falls: How Big is the Problem?
• One in three adults aged 65 and older falls each year. 1, 2
• In 2000, falls among older adults cost the U.S. health care system over $19 billion dollars or $28.2 billion. Expected to top $54 billion by 2020 (in 2010 dollars).
• On average, the hospitalization cost for a fall injury is $17,500.

Availability of Benchmarks
• NDNQI

- Oliver, et al., 2010
  ☐ Psycho-geriatric units 17-67 falls per 1000 patient days
Plan of Excellence Pillars

**People**
- Engagement in creating a culture of safety, quality, service excellence and teamwork

**Service**
- Deliver the very best experience to everyone, every time, no exceptions, no excuses

**Quality**
- Identify and adopt best practices to produce the best outcomes

**Resources**
- Responsible stewardship of time, money, and people in support of our mission

**Growth**
- Become the healthcare destination of choice

The 5 Pillar Approach

**People**
- Leadership, CNS & collaboration

**Service**
- PT/OT, hourly rounds, toileting

**Quality**
- Falls Bundle, Scorecard Communication

**Resources**
- Training, equipment

**Growth**
- Falls Prevention Committee, Networking

Transformational Model of Professional Practice

Professional Practice

The inner core reflects the unique contribution each clinical discipline brings in caring for a patient.

Transformational model: Care Delivery System concepts

- Attention to quality is essential.
- The goal is for practitioners to have responsibility, authority and accountability for planning, organizing and evaluating care of the patient.
- Example of:
FALLS BUNDLE
A= Assessment and Ambulation
B= Bathroom Assistance
C= Communication
D= Demonstrate Vigilance
E= Education of Patient/Family
F= Fall Analysis

Standard Equipment
Used routinely for all High Fall Risk Patients

Placed in each patient’s bathroom.
Placed in patient room where it can be seen by patient and family

Fall Precautions

FALL RISK

Don’t Call Fall

Patient education on fall prevention both in the hospital and at home is given to every patient

With an assistive device?

Yes. Which one?

No. Did they need physical assistance?

4 wheeled walker

Yes

No

cane

No. How much help did they need to get out of bed?

Manual help: number of people?

Mechanical lift. What kind?

More than 1

EZ lift

EZ stand

1

Was the patient walking?

Guideline for PT Referral

Guideline for PT Referral

Yes, how long ago?

Mechanical lift? simpler?

Yes

No

Specialty Equipment

Merry Walker

Carefoam Chair

Biodex Balance System

Barriers to Success

• Outdated facility and equipment
• 2.5 miles from Main Hospital
• Disconnected from Nursing Department
• Minimal Nursing Leadership
• Lack of Falls Education
• No support of Falls Team

Results including 2012

Fall Occurrences in GPU

0

2

4

6

8

10

12

14

16

18

20

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

2009

2010

2011

2012

Frybarger, Brennan
What is ahead for the GPU?

- Improve use of the dedicated unit based PT gym.
- Increase use of the Biodex system and the number of staff trained in it’s use.
- Conduct a Clinical Research project to determine which, if any Psychiatric specific falls assessment tool will be beneficial.

Photo Credits/References

Photos Courtesy of:
Biodex Balance System SD of Biodex Medical Systems, Inc.
Carefoam Inc. US sales 1 877 236 2687, ussales@carefoam.com
Merry Walker Corporation, Mundelein, IL

References:

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