

# On Merritt 3 Surgical (M3S), will Education on Fall Prevention Techniques Currently used at Eastern Maine Medical Center Decrease the Rate of Patient Falls?

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## Background

- Nurses seem to have the greatest effect on patients and preventing inpatient falls from occurring.
- Nurses have specific assessment tools to evaluate the patient's risk for falls, allowing them to place patient specific plans in place to keep the patient safe.
- Providing education to all staff related to caring for patients around the clock, such as hourly rounding, will not only keep our patients safe but satisfy and improve staffs workflow.

## Practice Changes

- Increase all M3S staff members knowledge regarding falls by providing education on fall prevention.

## Methods

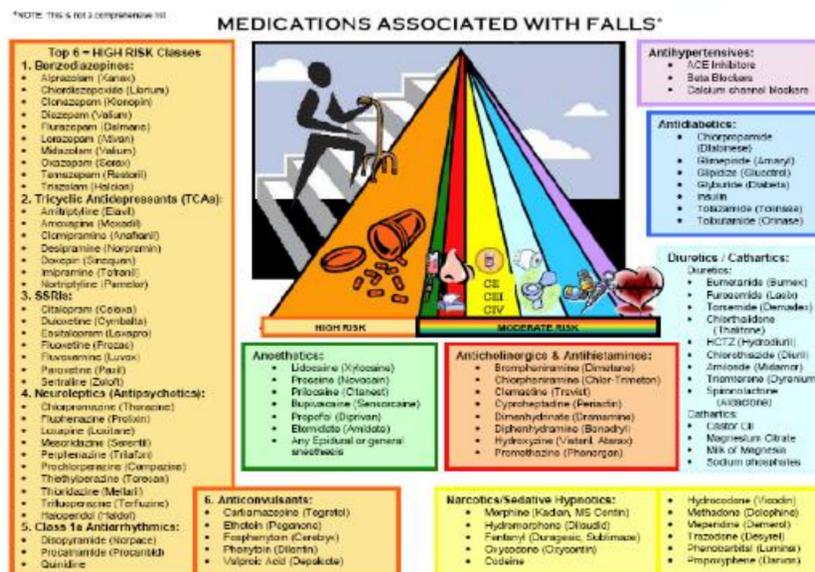
- Email sent to all staff explaining our project/plan as well as verbal communication on the unit.
- Educational flyer handed out to all staff members on M3S.
- Anonymous post education survey given to staff once having the chance to implement education previously provided.

## Measures and Results

### Fall Prevention Education



### Fall Prevention



### Results

(post education)

	May	June	July
Total Falls	9	4	1
With Injury	2	1	0
# of Patients on floor	1399	1344	N/A

## Summary/Discussion

- First step in collecting data was to look at previous fall data prior to creating our education flyer. Once handing out our flyer, we waited two weeks to see if our education was implemented, decreasing the amount of falls. Referencing our results (post education), as you can see, falls have decreased along with less injuries on M3S after our education was implemented.
- Feedback from staff: Majority of staff found education provided helpful, while very few found it was more a reminder versus new implementation.

## Conclusion

- In the short time of the fall prevention education handed out to M3S staff, there was improvement in the amount of falls.
- Continuing to use this education and EMMC's new post fall protocol, falls rates should continue to decrease, making patients safer and improve their health outcome.

### References

Graham, B.C. (2012). Examining Evidence-Based Interventions to Prevent Inpatient Falls. *MEDSURG Nursing*, 21(5), 267-270.

Hutchings, M., Ward, P., & Bloodworth, K. (2013). "Caring around the clock": a new approach to intentional rounding. *Nursing Management - UK*, 20(5), 24-30.