The Impact of Mobility Circles on Patient Falls
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Background

● Patient mobility cards have been effective in increasing communication among staff and lowering the fall rate
● Fall risk prevention programs that place emphasis on screening and education of staff, for example, mobility circles decreased falls on an orthopedic unit by 30.6% and resulted in cost reduction
● The Joint Commission identified impaired communication among staff as one of the main causes of falls in the hospital setting
● A common cause of patient falls is inadequate information regarding mobility

Practice Change

Integrate mobility circles into patient practice in order to reduce patient falls

Methods

● Administered anonymous paper pre-surveys to RNs
● Presented educational flyers for RN’s to review individually
● Anonymous post-surveys administered two weeks after education

Results

Comparison of Falls Pre and Post Mobility Circle Implementation

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Summary/Discussion

● Next Steps:
  ▪ Implement mobility circles on other floors at EMMC
  ▪ Follow and track patients who have fallen to determine if the mobility circle has been filled out prior to falling.
  ▪ Continue to provide education to RNs and CNAs working in the clinical setting

● Barriers of this Study:
  ▪ Lack of time to complete pre- and post-surveys
  ▪ Lack of time to implement study due to COVID restrictions for residency.

Comparison of Falls Pre and Post Mobility Circle Implementation

Mobility Circle & Education

Introducing Mobility Circles to G4

Fill out each shift to indicate how your patient moved!

Circle the correct image
Improve safety
Reduce Falls

Conclusion

● Overall, the number of falls increased post implementation of the mobility circles.
● There were a total of 12 falls pre-mobility circle intervention and 13 falls post-mobility circle intervention.
● However, if you look at the months overall you will see a decrease in total falls from April-July.
● Barriers included lack of participation in pre- and post-surveys
● Additional barriers included the presence of multiple fall prevention tools, i.e. creating confusion among staff.
● Staff reported mobility circles to be “user-friendly” and beneficial

References


