

# Fall prevention

## Sønderborg Municipality, Denmark

### Why is fall prevention necessary?

Fall and fall related injuries are among the most serious and common medical problems experienced by older adults. Because of underlying osteoporosis and decreased mobility and reflexes, fall often result in hip fractures and other fractures, head injuries, and even death in older adults.

### Intervention

**Identify elderly people at risk of fall**

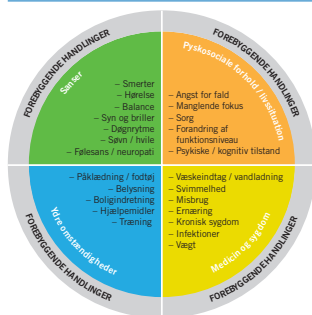
- Fall registration  
Fall risk assessment
1. Loss of awareness
  2. Balance and walking problems
  3. Has had a fall in the last 12 months
  4. The patient suffers from dizziness.

(Answered Yes to one or more questions – the patient is at risk of falling)

**Prevent fall for elderly people at risk**

Fall clarification Care plan

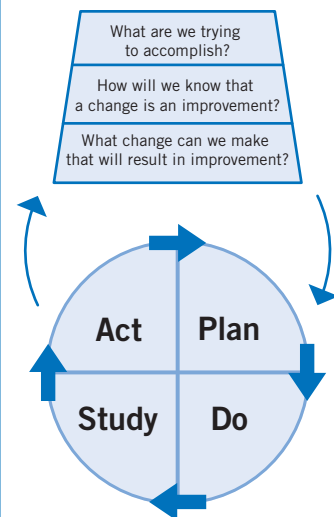
- Urgent actions
- Plan for fall prevention
- Patient involvement (What's important to you?)



Circle power game, inspired by the board game Trivial Pursuit

Safety board for patients at fall risk

### We used the IHI's model of improvement



- It is the quality improvement tool, which we used as a rapid cycle change with PDSA (Plan-Do-Study-Act)
- We start with one patient, one nurse, one assistant, and then expand to others
- Board meetings for frontline staff and leaders were implemented (explain and evaluate the PDSA)

### We learnt

- It's important to keep it simple and meaningful
- Local context adjustment
- High implementation level
- We can make "mistakes" without major consequences for the daily work and patients
- Using data as a driver

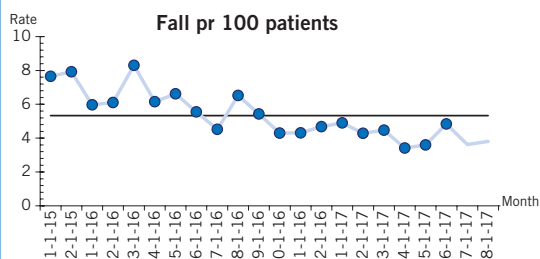
### Strategy for change

- We made different tools ex. pocket cards, an observation form, training, checklists and safety boards
- Leadership commitment
- Staff and patient involvement
- Telling the good story
- Celebrate the good results

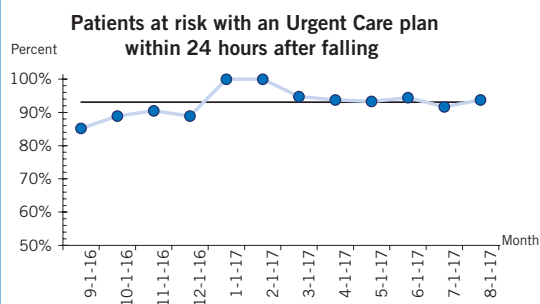
### Action card

	FALD løsmekort side 1	Vend		FALD løsmekort side 2	Vend
Dizziness Dehydration Low blood pressure	<b>SYMPTOMER</b> STRAKS HANDLINGER		Pain	<b>SYMPTOMER</b> STRAKS HANDLINGER	
	<b>Tid</b> Hvor længe har borgeren ligget?			<b>Smerter</b> OBS brud 1. Evt. nedsat bevægelighed, hævelse, misfarvning eller deform udseende 2. Kontakt spl.	
Wrong medication	<b>Svimmelhed</b> Væskebalance 1. OBS væskeindtag / urin konc. 2. Måling af BT		Lack of lighting Defect devices Loose rugs Wrong shoes	<b>Fysiske rammer</b> Defekte hjælpemidler fjernes eller hvis muligt repareres • Er seng / stol / toilet / bad uhensigtsmæssigt indstillet eller anvendes forkert? (fx sænghjul, senggange, toiletforhøjler, afløbning af tøj, støttehåndtag) • Er placering af hjælpemidler eller møbler uhensigtsmæssige? • Er der løse tæpper / ledninger? • Manglende belysning fx i forbindelse med natlig toiletbesøg? • Uhenigtsmæssige sko (løsmekort) • Er vigtige ejendele inden for borgerens rækkevidde?	
	<b>Medicin indtag</b> 1. Forkert medicin i æske 2. Flere medicinske plastre 3. Opstartet med ny medicin 4. OBS forbrug af sove-/smertemedicin 5. Måling af BT			<b>OBS hjernerystelse</b> 1. Evt. bevidsthedspåvirkning, synsforstyrrelse, kvalme eller hovedpine 2. Måling af BT	
Brain concussion	<b>OBS hjernerystelse</b> 1. Evt. bevidsthedspåvirkning, synsforstyrrelse, kvalme eller hovedpine 2. Måling af BT			<b>Fald reg.</b> Dokumenter i CSC, udfyld skema 1 samt avis til spl.	
Infection	<b>Blussende varm, kald eller bløt</b> Infektion 1. Mål temperatur og BT 2. Kontakt spl. vedr. urinrest / urinprøve				
Bleeding	<b>Blødning</b> 1. OBS blodfortyndende medicin 2. Måling af BT				

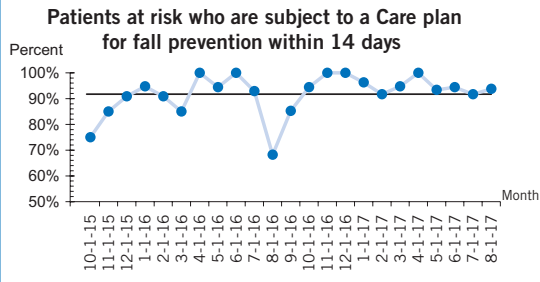
### Measurement of improvement



Data collection from the home care services

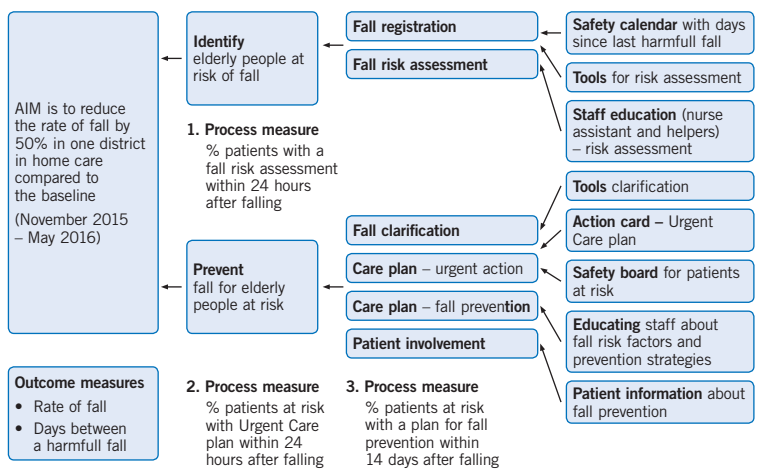


Using Action Card



Fall clarification

### Driver diagram



### Contact information

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### Sønderborg Municipality

- 76,000 Inhabitants
- Four districts of Home Care services (2,400 Citizens)
  - 11 Nursing Homes (500 residents)
  - The staff who participated in the project was nurses, nurse assistants and helpers
  - We participated in the national Danish patient safety program "In safe hands"
  - Work was developed and piloted on one unit before spreading to other units.

