

Project Title

AIC CQI Collaborative Falls Prevention Project Ren Ci @ Ang Mo Kio Nursing Home

Project Lead and Members

Project Lead: Wilson Biay

Project Members: Soh Xue Wei Sandra, Grace Ann Hermias, Cadenas Heidi Cabico,

Babu Babily San Nu May

Organisation(s) Involved

Ren Ci Community Hospital

Healthcare Family Group(s) Involved in this Project

Nursing

Applicable Specialty or Discipline

Community Health

Project Period

Start date: Jan 2021

Completed date: Dec 2021

Aim(s)

To reduce falls rate in Ren Ci @ Ang Mo Kio Nursing Home by 30% from a median rate of 1.55 to 1.08 per 1000 resident days over 12 months from Jan 2021 to Dec 2021.

Background

See poster appended/ below

Methods

See poster appended/ below

Results

See poster appended/ below

Lessons Learnt

See poster appended/ below

Conclusion

See poster appended/ below

Additional Information

This project was featured at the Central Health Action & Learning Kampung (CHALK) Poster Showcase 2022.

Project Category

Care & Process Redesign

Clinical Practice Improvement: Root Cause Analysis, Pareto Chart, Plan-Do-Study-Act;

Safe Care: International Patient Safety Goals: Reduce the Risk of Patient Harm Resulting from Falls; Risk Management: Preventive Approach, Adverse Outcome Reduction

Keywords

Fall Rate, Fall Prevention, Nursing Home Residents: Elderly, Frail and High Risk for Fall

Name and Email of Project Contact Person(s)

Name: TTSH Network Development (Partnerships)

Email: partnerships@ttsh.com.sg

AIC CQI Collaborative Falls Prevention Project Ren Ci @ Ang Mo Kio Nursing Home

Team Members

Wilson Biay (Lead) | Soh Xue Wei Sandra | Grace Ann Hermias |
Cadenas Heidi Cabico | Babu Babily San Nu May



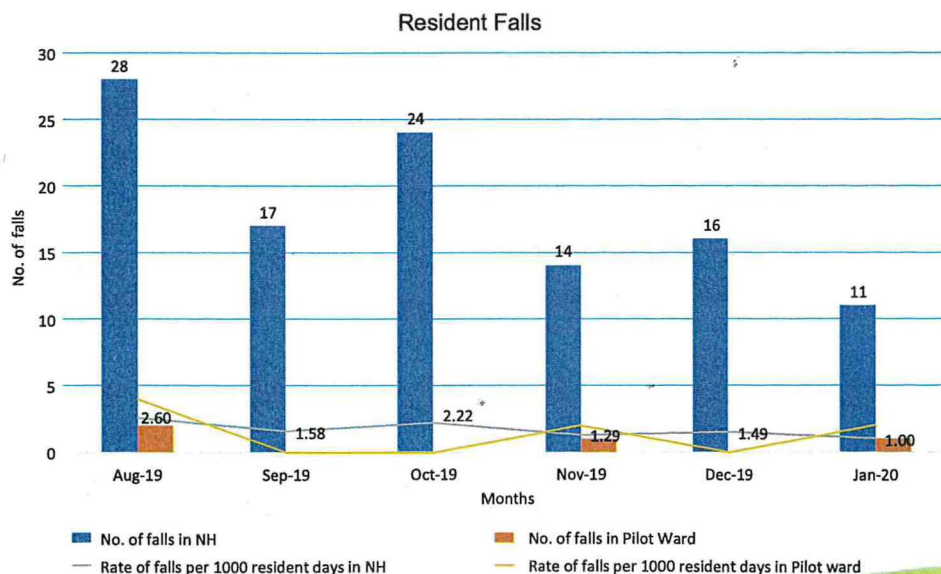
Introduction

It is established that inpatient falls and fall-related injuries continue to be complex challenges that impact healthcare systems worldwide, exerting a heavy burden in terms of medical, financial and social outcomes.

As Singapore's population ages, fall prevention is more relevant than ever; older, frail patients are more prone to falling, and the consequences of falls are more severe for this group.

Evidence of Problem Worth Solving

In Ren Ci @ Ang Mo Kio Nursing Home, falls prevention is our top safety priority with the majority of our resident population being elderly, frail and at high risk for falls. In Aug 2019 to Jan 2020, the falls rate per 1,000 resident days was at 1.55 (N=110).

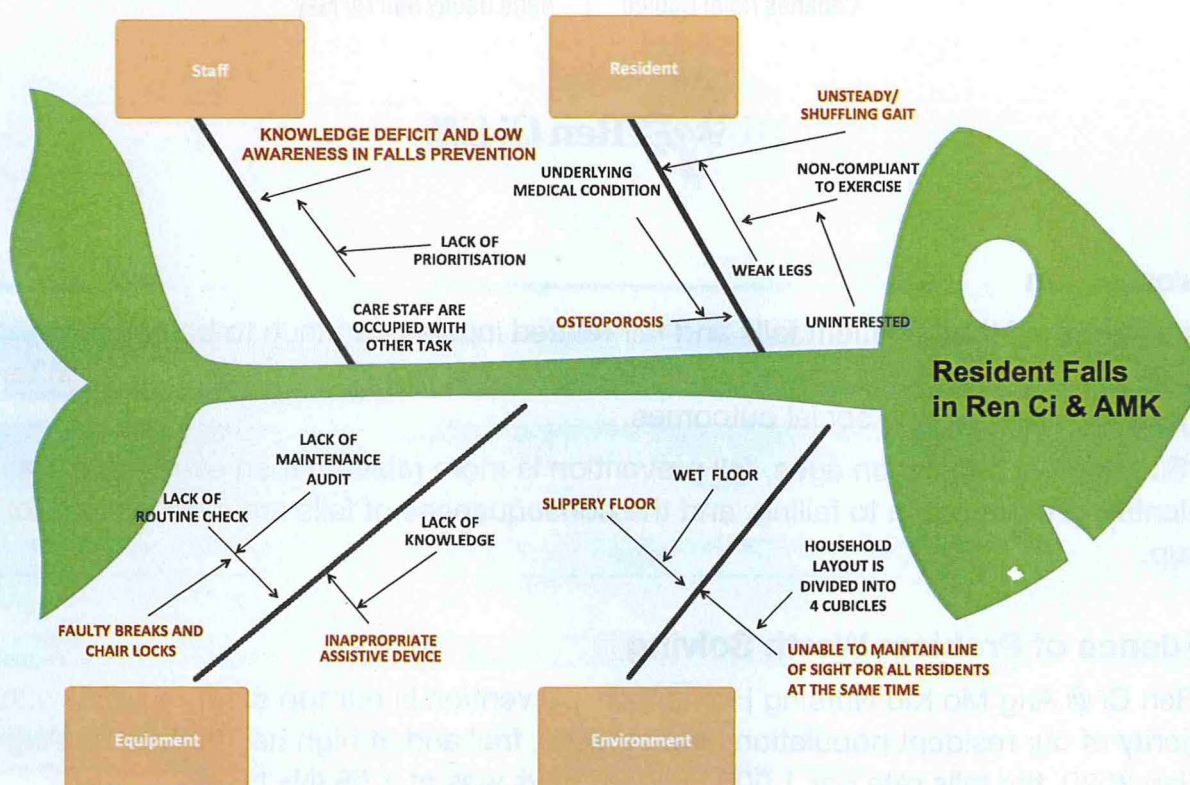


Objective/Mission Statement

To reduce falls rate in Ren Ci @ Ang Mo Kio Nursing Home by 30% from a median rate of 1.55 to 1.08 per 1000 resident days over 12 months from Jan 2021 to Dec 2021.

Methodology

Problem Analysis: Fishbone Diagram



Interventions (PDSA)

Implementation Plan

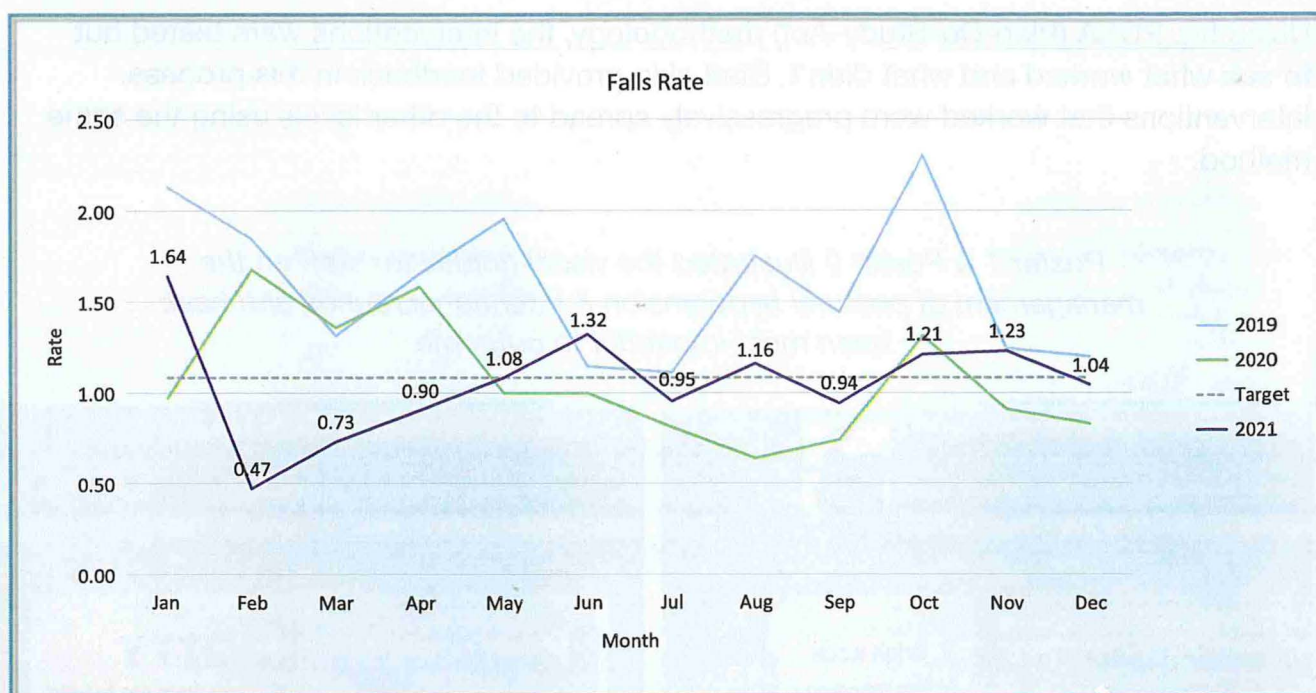
Based on the root causes identified, various solutions were brainstormed. These solutions were evaluated for effectiveness, ease of implementation and sustainability then prioritised using the PICK chart (Possible, Implement, Challenge and Kill chart).

The following solutions were implemented:

- Falls care bundle to enable accurate assessment of fall risk and identifying appropriate measures;
- Non-pharmacological management of resident with postural hypotension (illustrated in Poster 1);
- Intentional rounds using 4 Ps (Position, Potty, Pain, Possession) to ensure hygiene, comfort, toileting, hydration needs and personal items are within reach (illustrated in Poster 2);

Benefits/Results

With the interventions put in place, the team was able to achieve the set goal of 30% reduction in rate of falls over 12 months from Jan 2021 to Dec 2021 with the median falls rate reduced to 1.0 per 1,000 resident days.



Strategies to Sustain The Gains

Sustainability & Reflections

To sustain the good work, the team plans to continue with:

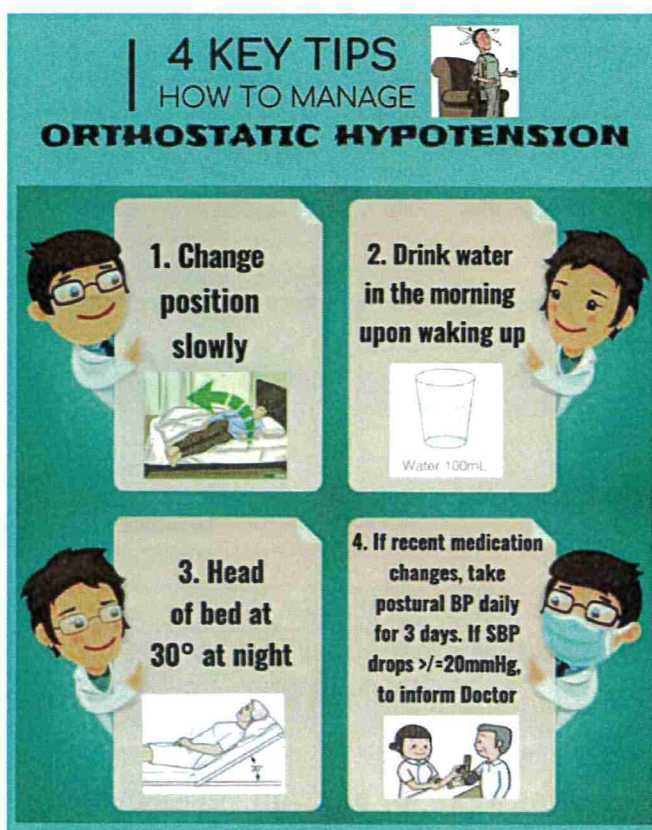
- Monthly falls data collection so that staff knows how well they are doing;
- Regular check-ins with staff to solicit feedback for improvement;
- Refresher training on falls prevention & management on an annual basis;
- Incorporating training on falls prevention and management into the orientation training for new staff.
- As we work as a TEAM, Together Everyone Achieves More for the staff, resident and the organisation.

- Lower limbs strengthening exercises to improve balance;
- Safety audit for living space & equipment;

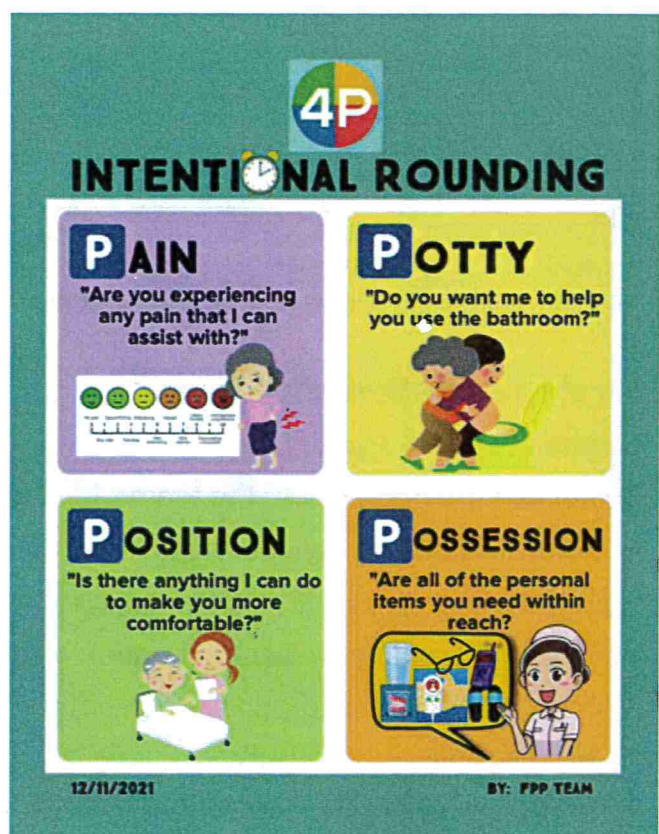
Training sessions were conducted for the staff in the pilot ward prior to roll out of the interventions.

Using the PDSA (Plan-Do-Study-Act) methodology, the interventions were tested out to see what worked and what didn't. Staff also provided feedback in this process. Interventions that worked were progressively spread to the other levels using the same method.

Poster 1 & Poster 2 illustrated the visual guides for staff on the management of postural hypotension & Intentional rounds and have been most impactful to outcome



Poster 1



Poster 2