

031: IMPACTS OF PROMOTING 'TUMBLER ACTIVITY' ON THE INCIDENCE OF PATIENT FALLS DURING HOSPITALISATION

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Objective:

To reduce the falling incidence of the hospitalised patient by means of promoting 'tumbler activity' as a strategy.

Methods:

This project was carried out between October 2003 and June 2004. The procedure included the following:

1. To set up task forces including doctors and nurses,
2. To instruct the staff, patients and patients' families on how to prevent fall accidents of patients through varied educational models,
3. To design an assessment tool for screening the group of patients at highest risk of falls,
4. To design a tumbler logo and attach it to those patients at high risk and their bedsides to remind staff and patients' families,
5. To design and provide relevant posters, sheets and illustrations for nurses to educate patients and their families about the skills for avoidance of patient falls, such as the safe actions to transfer patients, safe environmental setting, etc. and
6. To initiate a tumbler competition campaign within the hospital.

Results:

1. The rate of awareness of the group of patients at high risk of falling increased to 96.1% from 89.7%,
2. The rate of all nursing units paying more attention to environmental safety, such as the brightness of lights, dryness of the floor etc. improved to 94.9 % from 91.6 %,
3. The incidence rate of patient falls (the number of occurrences of patient falls over the number of total patient days) decreased to 0.04 from 0.05, and
4. The rate of injury to patients resulting from falls decreased to 47.7% from 56.3%. Meanwhile, the rate of severe injuries decreased to 6.5% from 10.0%.

Conclusions:

The "tumbler campaign" was effective in educating staff, patients and patients' families and initiating their participation in the prevention of patient falls. In fact, patient safety improvement with respect to falls requires the cooperation of every one in the hospital.