

**Affirming the Commitment to Patient Safety: A Fall Prevention Strategy**  
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**Problem:** Faced with the continued desire to improve care, our medical center launched its' "Affirming the Commitment" campaign to address an increasing rate of falls. The current fall rate was 9%.

**Evidence:** Utilizing the performance improvement methodology of **Plan-Do-Study-Act**, a number of different strategies were identified and tested.

**Strategy:** The use of strategies such as nursing rounds, post fall huddles and other innovative strategies were implemented. A multidisciplinary team comprised of nursing leadership, Quality Care and patient safety representatives developed and implemented the current practice change.

**Practice Change:** The following activities were implemented within our medical center.

1. Adoption of an interdisciplinary fall prevention program to include MDs, pharmacy, nursing, and engineering and environmental management services.
2. Nursing service employees, led by the Nursing Staff Council, signed a commitment letter affirming participation in nursing rounds, toileting and the use of clear and consistent communication with patients and family.
3. Yellow caution signs that stated: "*Call Don't Fall*", were developed and displayed in each patient room.
4. Unit based in-services were provided by the unit's "**Fall Champion**" to educate the healthcare team.
5. An **interdisciplinary "post-fall huddle"** is utilized to immediately assess interventions and share lessons learned.
6. "**Fall Bulletins**" are used to disseminate information by nursing leadership, particularly on off tours.

**Results:** The "Affirming the Commitment" truly helped nursing employees gain a better understanding and appreciation of the importance their role has in patient safety and the prevention of falls. There has been a 25% decrease in the fall rate since the implementation of the "Affirming the Commitment" Program.

**Recommendations:** Implications for practice include the continued need for better communication for better care. The staff's commitment to safety and nursing leadership's focus improving communication and engagement are key factor in improved patient outcomes.

## **Bibliography**

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