STRATEGIES TO REDUCE FALLS IN ADULT INPATIENT MENTAL HEALTH AND ADDICTION SETTINGS

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DESCRIPTION

Falls on the Mental Health unit can lead to serious injuries and prolonged hospital stays, affecting both the well-being of patients and the efficiency of healthcare delivery. Humber River Health's (HRH) Adult Inpatient Mental Health identified an increase of falls in 2022, prompting the Quality and Patient Safety (QPS) and Mental Health team to collaborate on a comprehensive approach to reduce falls using the Failure Mode and Effects Analysis (FMEA).

OBJECTIVE

To employ strategies to reduce incidences of falls on the Adult Inpatient Mental Health unit.

ACTIONS TAKEN

Working with the QPS team, a FMEA was used to identify key initiatives taken to decrease falls. An interprofessional committee was developed to:

- Outline all necessary steps using process mapping
- Assess the impact of possible barriers
- Assign severity ratings
- Identify causes and potential preventive measures
- Establish action steps
- Monitor effectiveness during monthly meetings

Through this process, it was determined that the addition of a physiotherapist, procurement of assistive devices, and communication of falls risk mitigation strategies during daily safety huddles would support the decrease in the number of falls.

LESSONS LEARNED

The implementation of FMEA fall prevention strategies in the Adult Inpatient Mental Health and Addictions setting supports in the reduction of falls and improves patient outcomes.



Number of Falls Per Month October 2022-August 2023

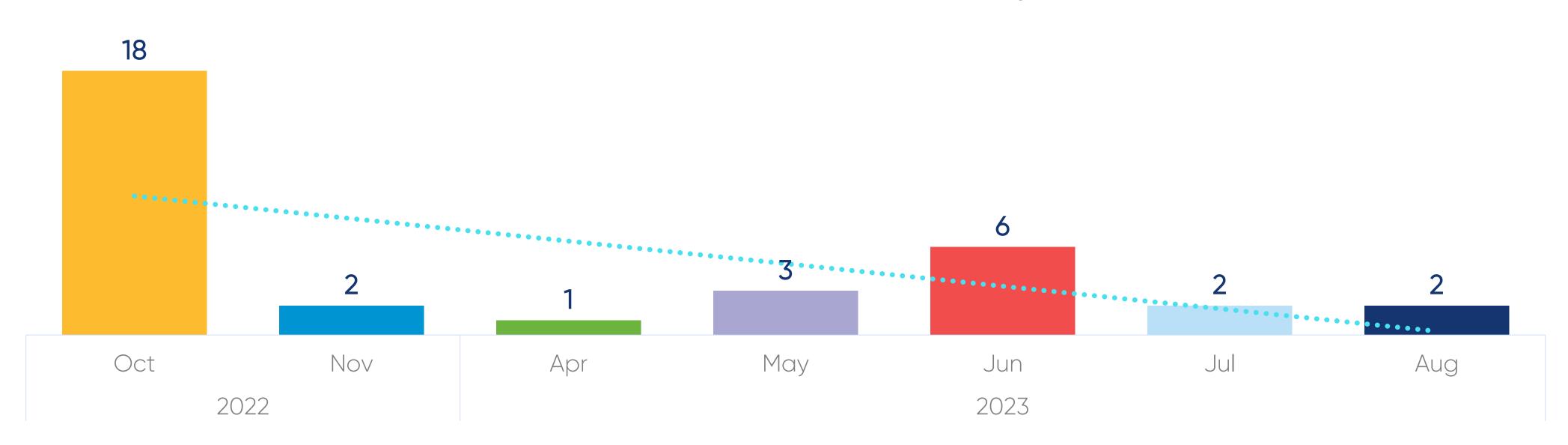


Figure 1.

This depicts the steady reduction in falls over the course of the year from October 2022 to August 2023.

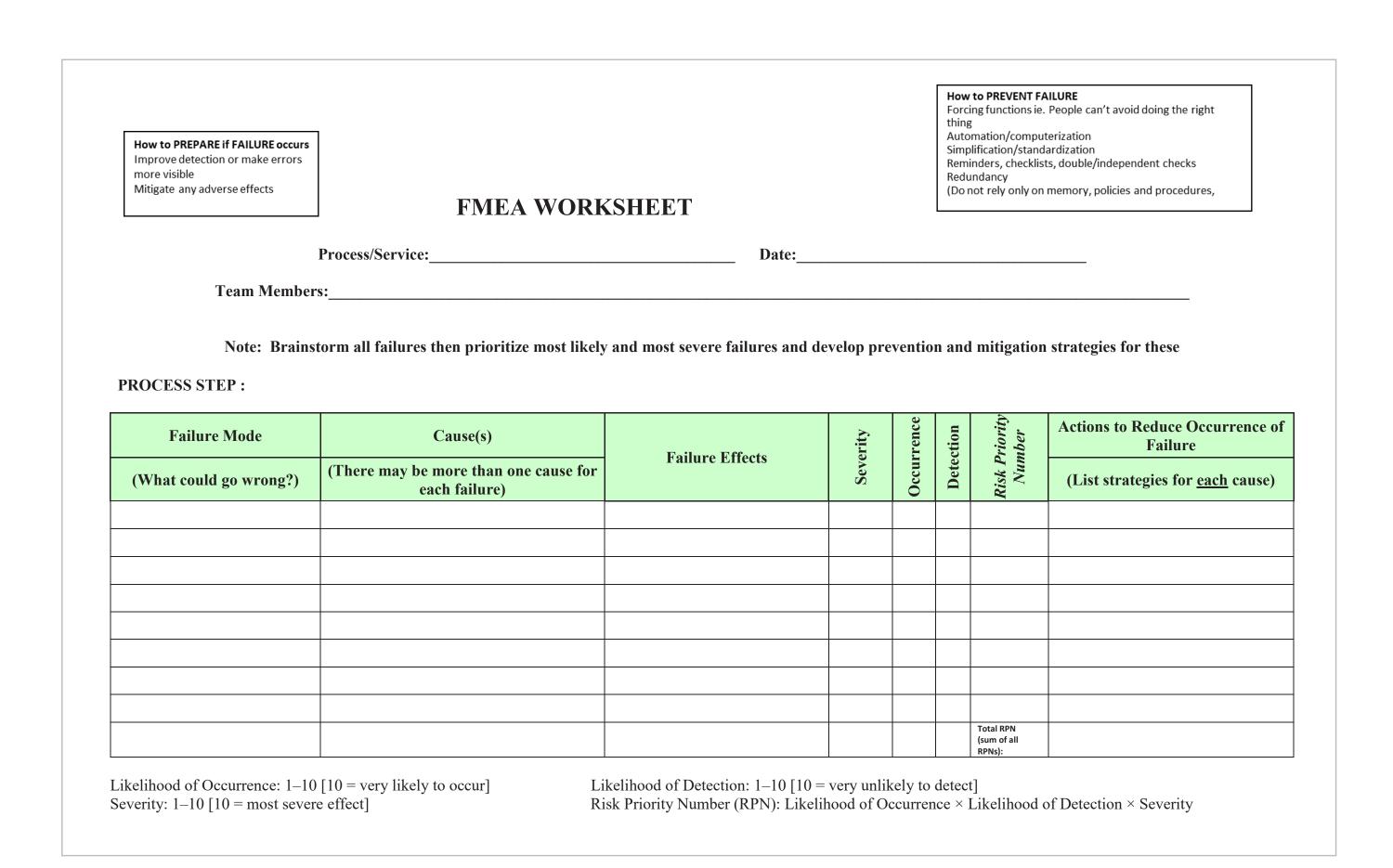


Figure 2.

FMEA template utilized in falls prevention initiative.

SUMMARY OF RESULTS

Using FMEA strategies, healthcare institutions can systematically identify vulnerabilities in fall prevention processes, prioritize interventions, and enhance patient safety by minimizing falls and related negative consequences. A reduction in falls by an average of two falls per month from October 2022 to August 2023 was noted since the implementation of these strategies. These initiatives are continually reviewed with the goal of achieving zero falls. This structured approach encourages a culture of continuous improvement in patient care.