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| Title | Can the future be fall free? |
| Number | 46 |
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| Abstract | <p>Background: Falls are a common problem in palliative care units (PCU) due to a variety of reasons, including frailty and confusion. Staff are continually reviewing practice to reduce preventable falls.</p> <p>Aim: To identify risk factors of patient falls in a PCU and consider further strategies for reducing falls in the future. Methods All falls are recorded by staff onto the hospital Risk Management system. Falls are reviewed monthly by senior clinicians to identify contributing factors and whether all preventative measures were in place. Twelve months of falls data (January to December 2014) was analysed, which included demographic details, risk factors, details of fall, harm, and a review undertaken of current falls preventative strategies.</p> <p>Results: 73 falls were reported during this period in 63 patients. The average age of patients was 74.3 years, (range 39-90); 38% were confused and 74% required assistance with mobility. 98.6% of falls resulted in no or minimal harm. 94% of falls had a current risk assessment, and all patients had at least one preventative strategy in place at the time of the fall.</p> <p>Conclusion: Falls review is undertaken monthly on PCU and has shown that patients are falling despite having at least one preventative strategy in place. The PCU staff are now targeting patient and carer education and involvement to supplement the standard approach. A research project on Post-Falls Huddles will start mid-2015 to see if falls can be reduced.</p> |