

The Miriam Hospital
A Lifespan Partner



Collaborative Education For Falls Reduction: A Joint Nursing and Rehabilitation Services Education Competency



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BACKGROUND

Falls in acute care hospitals result in increased length of stay, increased costs, and injury. At our facility on a surgical floor with a heavy orthopedic population, post-fall huddles facilitated by nursing staff are conducted to identify ways to prevent future falls. Physical and Occupational Therapists also participate in these huddles.

A trend was identified from these post-fall huddles that many of the occurrences involved patients who were status-post total knee arthroplasty with a femoral nerve block, especially when changing positions during toileting activities.

Post fall huddles revealed a knowledge deficit in the language differences between disciplines specifically, the definition of levels of assistance used to mobilize patients.

Additional polling of nursing staff confirmed that even though physical therapy staff were communicating with nursing staff, misunderstandings over mobility definitions were occurring.



PROCESS IMPROVEMENT

Through a collaborative effort with the Advanced Practice Manager, the Clinical Manager, and a Physical Therapist using information gathered in these post fall huddles, a mobilization competency for the nursing staff was developed for this specific orthopedic population.

Objectives:

1. Demonstrate appropriate guarding technique/guarding position during transfer sit-to-stand and during ambulation
2. Verbalize and demonstrate understanding of the following levels of assistance during transfers and gait: contact guard, minimal, and moderate assist and dependence.
- 3.. Describe weight bearing status
4. Describe the walking sequence for mobilizing patients going forward and backward
5. Demonstrate safe use of the gait belt

Competency Organizational/Department of Nursing/Unit based		
Subject: Mobilizing Patients		
Objectives:		
1. Demonstrate appropriate guarding technique/guarding position during transfer sit-to-stand and during ambulation		
2. Verbalize and demonstrate understanding of the following levels of assistance during transfers and gait: contact guard, minimal, and moderate assist and dependence.		
3. Describe weight bearing status		
4. Describe the walking sequence for mobilizing patients		
5. Demonstrate safe use of the gait belt		
Needs Assessment: Staff requested, manager assessment from a post fall huddle		
Performance criteria		
	Knowledge	Skills
Identifies the importance of teaching patients about mobilization for safety.	Communicates regarding mobility to the patient.	Assesses patient knowledge of safe mobilization using the teach back method
Assesses the need to reinforce teaching.	Elicits expectations of patient regarding mobilization	Recognizes everyone's need for education regarding mobilization
Describes guarding technique/guarding position	Demonstrates appropriate guarding technique/guarding position during transfer sit-to-stand and during ambulation.	Values patients input into mobilization
Verbalize the weight bearing status	Demonstrates how to provide the following levels of assistance during transfers and gait: contact guard assist, minimal assist, and moderate assist.	Respects and encourages the patients involvement with mobilization
Verbalize when and for whom the gait belt is appropriate	Demonstrates the proper use of the gait belt	Values the use of the gait belt
Resources: National Association of Orthopaedic Nurses. (2012). Nursing Core Competencies Across the Life Span. Chicago IL: National Association of Orthopaedic Nurses.		

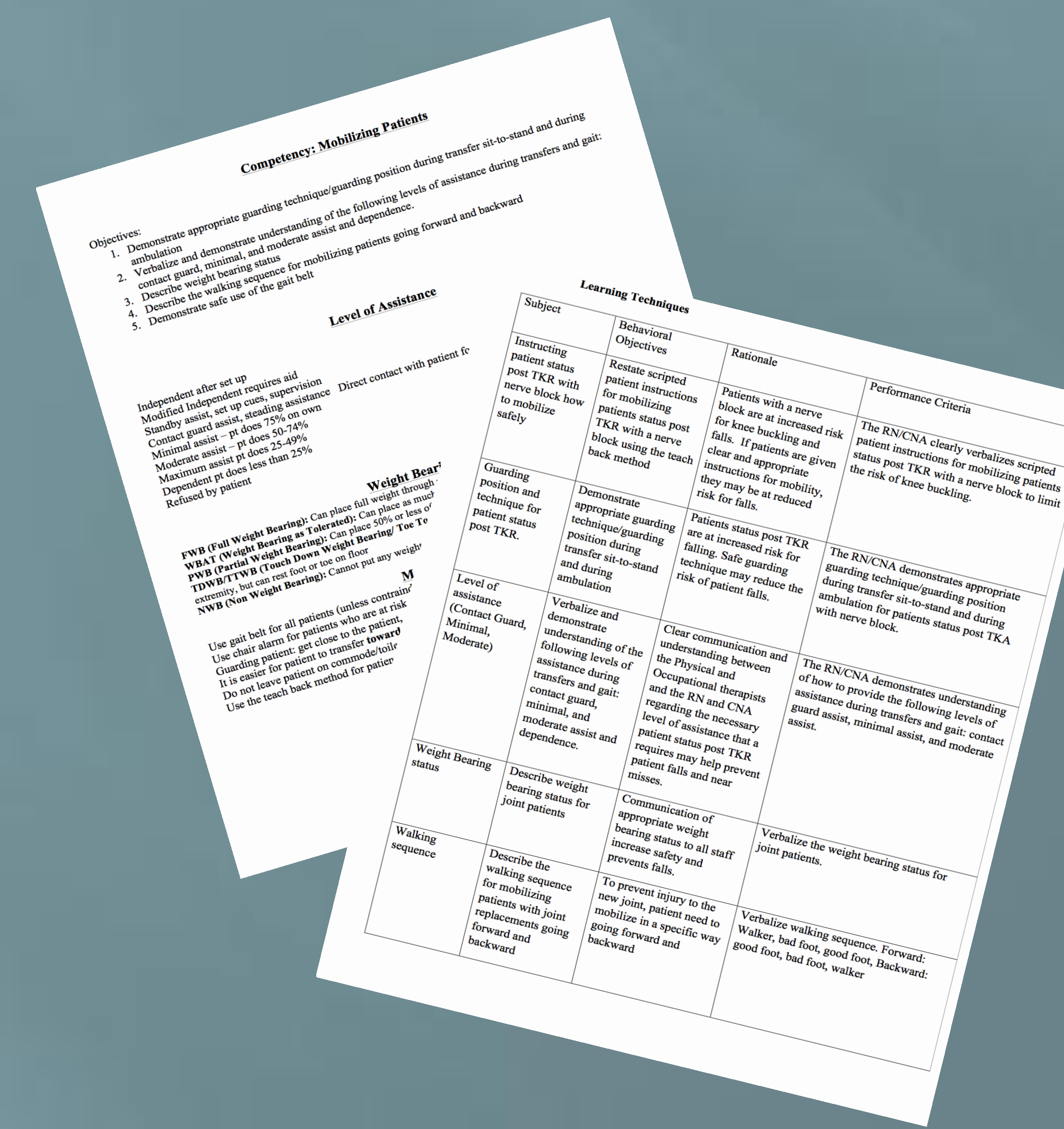
STAFF EDUCATION

Successful completion of the competency was mandatory for all registered nurses and certified nursing assistants on the unit.

Hands-on instruction and evaluation were provided by a PT or PTA, multiple sessions per day were held to accommodate all shifts. Training of 61 staff occurred over 6 days.

The teach-back method and hands-on evaluation were employed to ensure understanding.

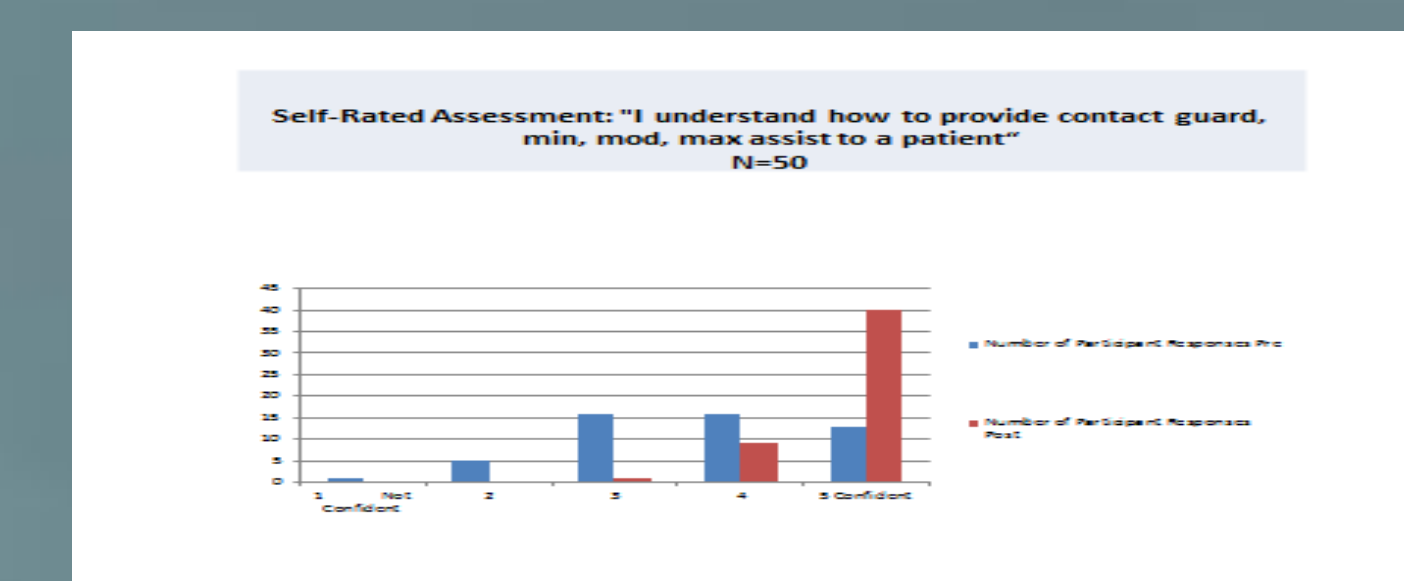
Since implementation, there has been a decrease in falls in the orthopedic population patients.



LESSONS LEARNED

The dynamic combination of nurses educated by Rehabilitation Department staff has been on long-term collaboration at our institution and we continue to see benefits from our close collaboration for improved patient care coordination and on-going falls reduction processes.

Due to the success, the curriculum was adapted for general medical-surgical floors and has been implemented on these units with over 300 registered nurses and certified nursing assistants trained from our medical and medical surgical floors in the Summer and Fall of 2014



Since December of 2014 – This education is now being continued in the first days of Nursing Orientation for all new hires.

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