



Innovations in Fall Prevention: Beyond the Fall Bundle

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Summary: Falls in acute care settings continue to be problematic and cost hospitals money for these “never” events. Hospitals have developed fall prevention bundles, which include signage, arm bands, colored socks, risk assessment tools, and specialty beds. Understanding causes of falls (intrinsic and extrinsic) and methods of prevention is important in decreasing the number of falls. Innovations that have been developed include fall tent cards, fall education videos for staff, unique education for patients and families, fall ambassador programs, and connection of bed alarms to the nurse call system. Newer innovations include real-time video monitoring of patients at high risk and iBed® technology allowing for early alerts to staff. Video monitoring provides opportunities to verbally cue the patient to remain in bed until help can arrive. The iBed® technology can send alerts through the nurse call system or directly to the nurse’s phone to assure a timely response.

Nursing Implications:

- Nurses need to be aware of their hospital/unit rates of falls and the primary causes (toileting, impulsivity, not calling for help, etc.) so that interventions can be individualized for the patient.
- Family members need to be educated about the patient’s fall risk as well.
- Involving the patient and family along with staff in the post-fall huddle can increase understanding of fall prevention.
- Ongoing education of staff through videos or other learning opportunities will help to maintain a fall prevention program that has good results.

Key Takeaways:

- Fall prevention in hospitals is an ongoing issue.
- Leadership support and developing a culture of safety related to falls prevention is important.
- Standardizing processes (assessment, handoff, etc.)
- Post-fall assessments/huddles with involved parties, including the patient and family.
- Approach ideas that may seem unconventional with an open mind.

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References:

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