



Decreasing Falls Through Promoting Patient Mobility in the Acute Care Setting

BETTY IRENE MOORE SCHOOL OF NURSING



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MS-L

Introduction

- Problem Statement:** Prolonged immobility causes progressive functional decline, which increases patients' risk for falling.

- Goals
- Benefits
- SMART Objectives



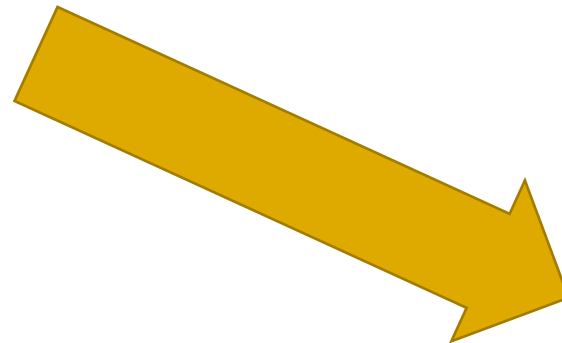
A3 Problem Solving
A tool for Continuous Quality Improvement

| <p style="text-align: center;">Decreasing Falls Through Promoting Patient Mobility in the Acute Care Units</p> | <p style="text-align: center;">Wendy Scott - Project Design and Data Interpretation Nhadine Fabro-Brown - Project Design and Pilot Mobility Rounder/Data Collection</p> | <p style="text-align: right;">Date: March 7, 2021</p> | | | | | | | | | | | | |
|---|--|--|---------------|-------------|-------|--|-------------------|--------|--|---------|--------|---|-------|--------|
| <p>Define Problem Statement: Prolonged immobility causes progressive functional decline, which increases patients' risk for falling.</p> | | <p>Measure Baseline Process:</p> <ul style="list-style-type: none"> Collect baseline data on how many patients are getting up for breakfast and lunch before piloting the initiative Obtain the number of falls on the intervention units one month prior to the pilot period | | | | | | | | | | | | |
| <p>Goal: increase patient mobility to assist with decreasing the amount of falls at Northern California acute care unit.</p> | <p>SMART Objectives: The number of patients getting up for breakfast and lunch will increase by 25% during the four week pilot period of the initiative compared to baseline. The total number of falls in the intervention units will decrease by 25% during the four week pilot period compared to the number of falls a month before.</p> | <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 60%;">Interventions</th> <th style="width: 20%;">Responsible</th> <th style="width: 20%;">Date:</th> </tr> </thead> <tbody> <tr> <td> <ul style="list-style-type: none"> Design project proposal and submit to Clinical Nurse Specialist for approval Pilot the role of the Mobility Rounder </td> <td style="text-align: center;">Wendy and Nhadine</td> <td style="text-align: center;">2/1/21</td> </tr> <tr> <td> <p>Role Includes</p> <ul style="list-style-type: none"> -Performing a Gemba Walk to obtain baseline data -Round on all admitted patients and assisting staff in getting patients up out of bed for breakfast and lunch three times a week -Providing patient/family education on mobility and fall prevention </td> <td style="text-align: center;">Nhadine</td> <td style="text-align: center;">2/4/21</td> </tr> <tr> <td> <ul style="list-style-type: none"> Analyze data collected and create graph presentation of the results </td> <td style="text-align: center;">Wendy</td> <td style="text-align: center;">3/4/31</td> </tr> </tbody> </table> | Interventions | Responsible | Date: | <ul style="list-style-type: none"> Design project proposal and submit to Clinical Nurse Specialist for approval Pilot the role of the Mobility Rounder | Wendy and Nhadine | 2/1/21 | <p>Role Includes</p> <ul style="list-style-type: none"> -Performing a Gemba Walk to obtain baseline data -Round on all admitted patients and assisting staff in getting patients up out of bed for breakfast and lunch three times a week -Providing patient/family education on mobility and fall prevention | Nhadine | 2/4/21 | <ul style="list-style-type: none"> Analyze data collected and create graph presentation of the results | Wendy | 3/4/31 |
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| <p>Scope:</p> <ul style="list-style-type: none"> The dedicated staff Mobility Rounder was assigned to round on every patient admitted in the 44-bed acute care unit. The Rounder assisted nurses' and nursing assistants (NAs) with getting patients up into the chair for breakfast and lunch The Rounder educated patients and staff on the importance of mobility while in the hospital. | <p>Proposed Mealtime Process With Mobility Rounder:</p> | <p>Key Metrics</p> <p>PROCESS MEASURE: Track the percentage of patients getting up out of bed for breakfast and lunch using a mobility log</p> <p>OUTCOME MEASURE: Monitor the number of falls in the intervention units during the pilot period and compare with the number of falls one month prior</p> | | | | | | | | | | | | |
| <p>Improve: Results/Actions</p> <ul style="list-style-type: none"> The number of patients who were up for breakfast and lunch went up during the pilot period. The number of falls went down by 50% during the pilot period compared to the month prior | <p>Control and Sustainability</p> <ul style="list-style-type: none"> Provide just-in-time patient education and staff feedback Keep staff informed of unit progress, provide staff recognition | | | | | | | | | | | | | |

Introduction Cont.

- AIM Statement:** Increase the number of patients getting up for breakfast and lunch by 25% in the next 4 weeks, and decrease the number of falls by 25% during the pilot period compared to the previous month by pilot testing a dedicated Mobility Rounder role

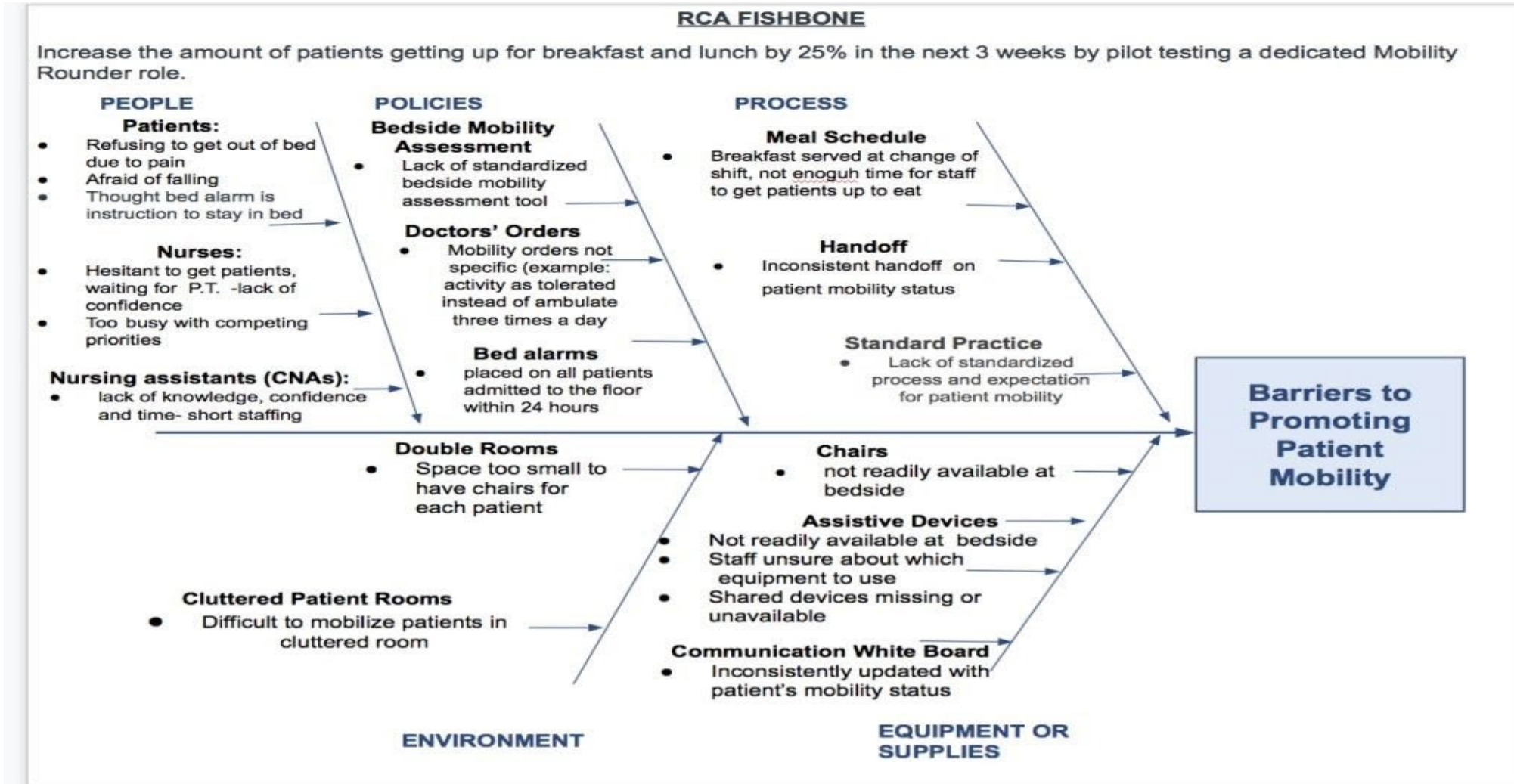
- Setting
- Scope
- Partners



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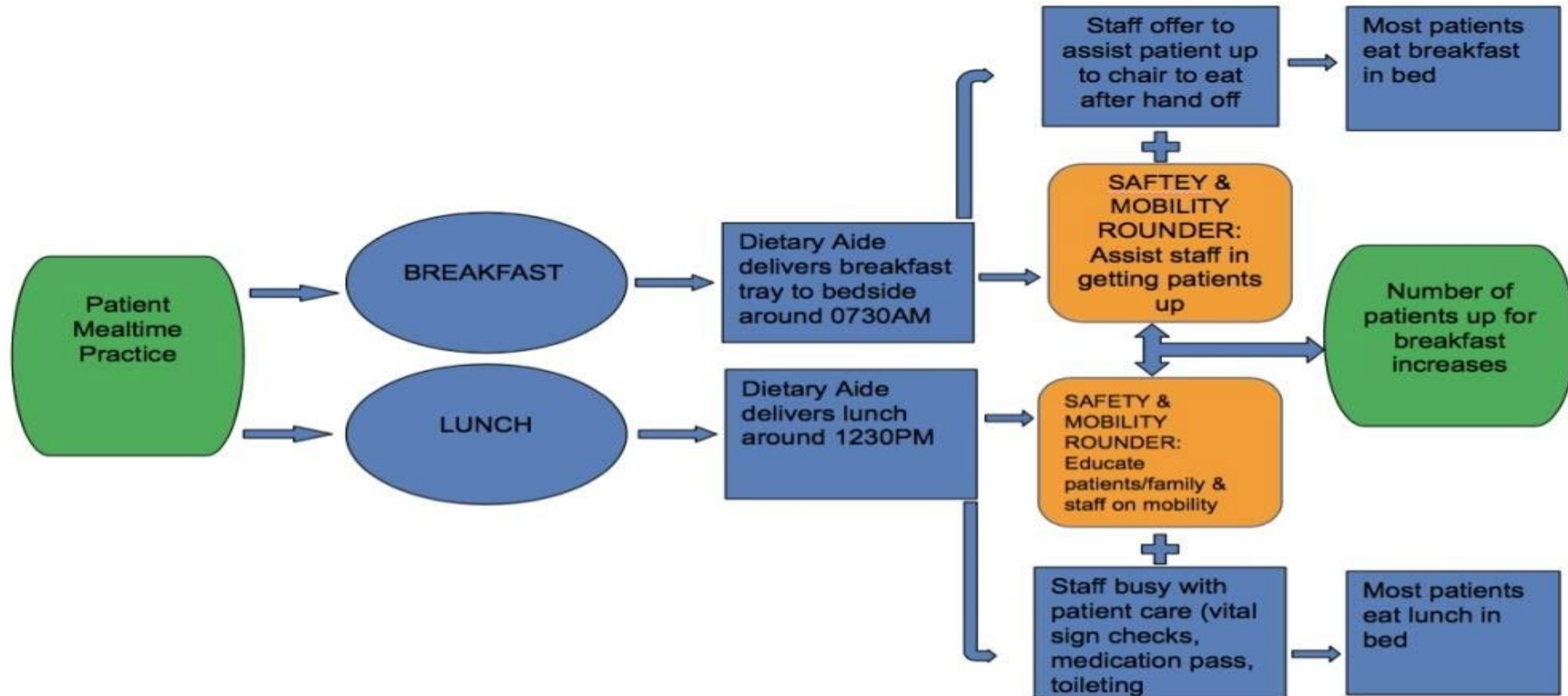
| Decreasing Falls Through Promoting Patient Mobility in the Acute Care Units | Wendy Scott - Project Design and Data Interpretation Nhadine Fabro-Brown - Project Design and Pilot Mobility Rounder/Data Collection | Date: March 7, 2021 | | | | | | | | | | | | |
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| <p>Define Problem Statement: Prolonged immobility causes progressive functional decline, which increases patients' risk for falling.</p> <p>Goal: Increase patient mobility to assist with decreasing the amount of falls at Northern California's acute care unit.</p> <p>Benefits: Increased mobility promotes muscle movement, skin integrity, and decreases falls, delirium, and length of hospital stay.</p> <p>SMART Objectives: The number of patients getting up for breakfast and lunch will increase by 25% during the four week pilot period of the initiative compared to baseline. The total number of falls in the intervention units will decrease by 25% during the four week pilot period compared to the number of falls a month before.</p> <p>Scope:</p> <ul style="list-style-type: none"> The dedicated staff Mobility Rounder was assigned to round on every patient admitted in the 44-bed acute care unit. The Rounder assisted nurses' and nursing assistants (NAs) with getting patients up into the chair for breakfast and lunch The Rounder educated patients and staff on the importance of mobility while in the hospital. | | <p>Measure Baseline Process:</p> <ul style="list-style-type: none"> Collect baseline data on how many patients are getting up for breakfast and lunch before piloting the initiative Obtain the number of falls on the intervention units one month prior to the pilot period <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Interventions</th> <th>Responsible</th> <th>Date:</th> </tr> </thead> <tbody> <tr> <td>Design project proposal and submit to Clinical Nurse Specialist for approval</td> <td>Wendy and Nhadine</td> <td>2/1/21</td> </tr> <tr> <td>Pilot the role of the Mobility Rounder</td> <td>Nhadine</td> <td>2/4/21</td> </tr> <tr> <td>Design project proposal and submit to Clinical Nurse Specialist for approval</td> <td>Wendy</td> <td>3/4/31</td> </tr> </tbody> </table> | Interventions | Responsible | Date: | Design project proposal and submit to Clinical Nurse Specialist for approval | Wendy and Nhadine | 2/1/21 | Pilot the role of the Mobility Rounder | Nhadine | 2/4/21 | Design project proposal and submit to Clinical Nurse Specialist for approval | Wendy | 3/4/31 |
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RCA (Root Cause Analysis)



Process Map

Mealtime (Breakfast and Lunch) Process in the Acute Care Units



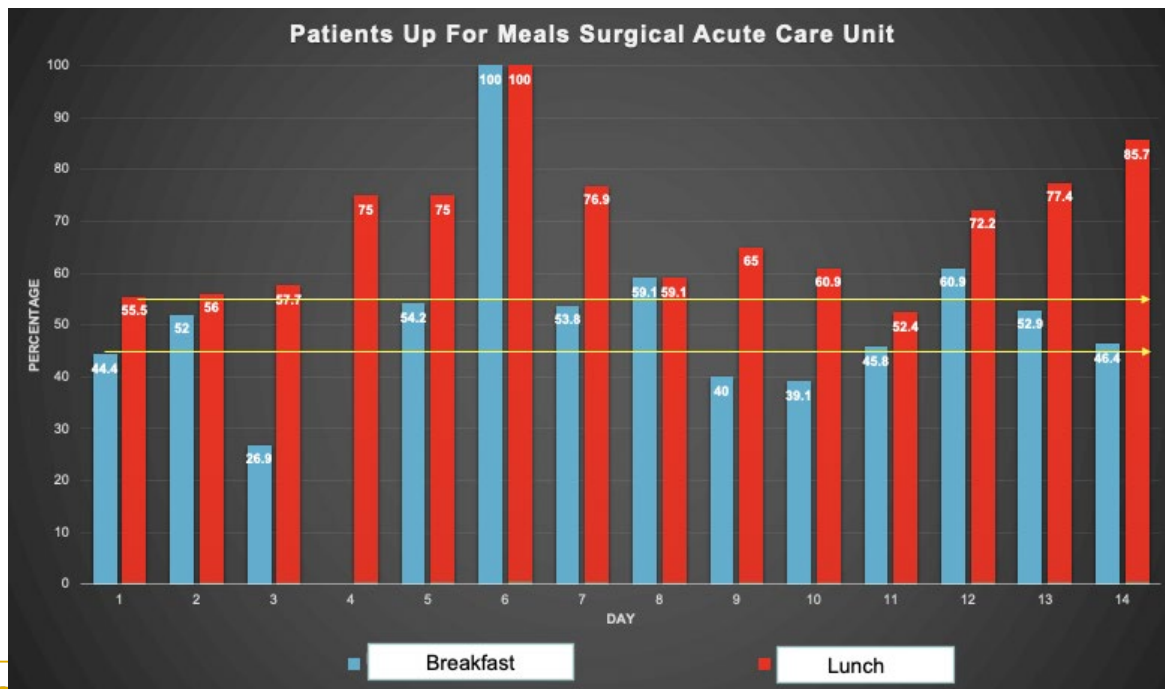
Interventions

- **Project design and approval**
- **Pilot the role of the Mobility Rounder**
Role Includes:
 - Performing a Gemba Walk
 - Rounding on all admitted patients
 - Providing staff assistance in getting patients up out of bed
 - Providing patient/family education
 - Providing just-in-time staff feedback
- **Analyze, interpret, and present collected data**

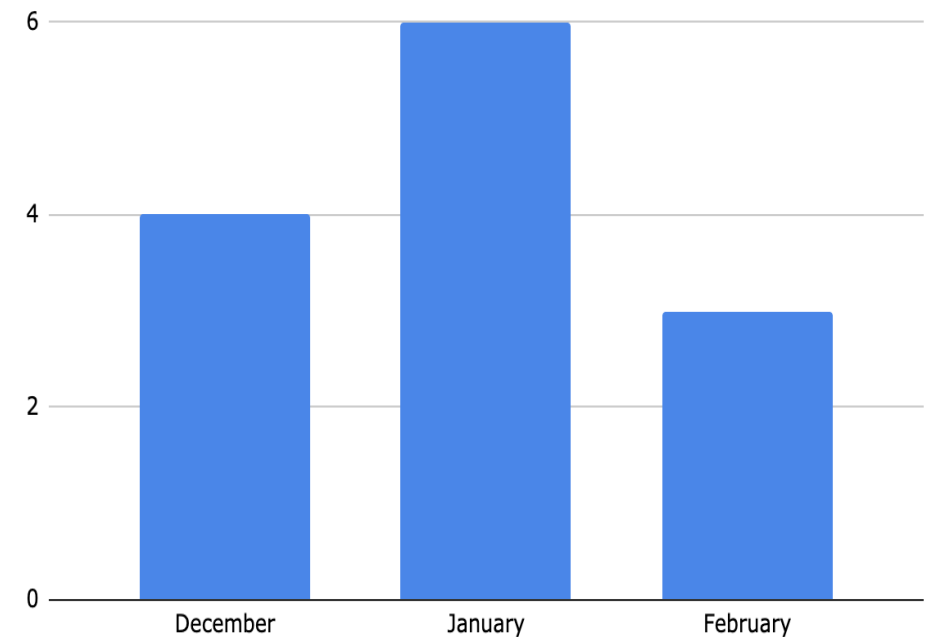


Improvement

- The number of patients who were up for breakfast and lunch went up during the pilot period.
- The number of falls went down by 50% during the pilot period compared to the month prior



Surgical Acute Care Unit Monthly Number of Falls



Control and Sustainability

- Provide just-in-time patient education and staff feedback
- Encourage patient and family involvement
- Keep staff informed of unit progress, provide staff recognition



Questions

