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The presenters have nothing to disclose.
SCUBA: Dive into Fall Prevention

With Lilian Crawford, MOT, OTR/L, FAOTA and Noah Ribner, RN, BSN, Hospice Care Manager
Legacy Hospice
Joint Commission National Patient Safety Goal

- **NPSG.09.02.01 Reduce the Risk of Falls**
  - Falls account for a significant portion of injuries in hospitalized patients, long term care residents, and home care recipients.

Assess:

- 1. the patient’s risk for falls.
- 2. Implement interventions to reduce falls based on the patient’s assessed risk.
- 3. Educate staff on the fall reduction program in time frames determined by the organization.
- 4. Educate the patient and, as needed, the family on any individualized fall reduction strategies.
- 5. Evaluate the effectiveness of all fall reduction activities including assessment, interventions and education.
Bringing self (you) to the task
Problem Solving Model

- Problem Solving
- Ability to Understand Others
- Self Understanding
Legacy’s Pilot Project

- Spring of 2012 Survey of Literature
- Literature addresses issues related to inpatient care or rehab institutions and no tools were discovered that were valid/designed for hospice patients
- Legacy Health developed an inpatient tool that was utilized in inpatient Hopewell House but not appropriate for home hospice patients
- Scoring/screening tool identified through survey of the literature and adapted
- Goal for hospice fall program + minimize injury and enhance dignity/quality of life
- SCUBA tool adapted from inpatient side and utilized to review all falls
- Information shared with field staff and project began Spring 2012
## Legacy Home Hospice Falls Scale

**Type _____ Post-fall _____ Other _____**

### I. Is Patient

<table>
<thead>
<tr>
<th>Ambulatory</th>
<th>No</th>
<th>Yes</th>
<th>Non-ambulatory</th>
<th>No</th>
<th>Yes</th>
<th>restless or agitated</th>
</tr>
</thead>
</table>

If you answered yes to either question, proceed to Part II.

### II. Ambulatory/Non-Ambulatory

- Ambulatory= leaving the bed at any time. Independently or with assistance

<table>
<thead>
<tr>
<th>Does patient have</th>
<th>(1 point each)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Altered elimination (urgency, incontinence)</td>
<td></td>
</tr>
<tr>
<td>Altered mental status (confusion, disorientation inability to access assistance)</td>
<td></td>
</tr>
<tr>
<td>Environmental dangers (tripping/slipping hazards, poor lighting)</td>
<td></td>
</tr>
<tr>
<td>History of recent falls (one or more falls in the last month)</td>
<td></td>
</tr>
<tr>
<td>Impaired mobility (weakness, dizziness, use of assistive device)</td>
<td></td>
</tr>
<tr>
<td>Use of medications for : (pain, anxiety, sedation, psychosis, depression, diuresis, HTN etc.)</td>
<td></td>
</tr>
<tr>
<td>Sensory deficit (vision, hearing, neuropathy)</td>
<td></td>
</tr>
<tr>
<td>Caregiving needs (inadequate, lives alone, or no caregiver)</td>
<td></td>
</tr>
</tbody>
</table>

**Total Score: _____**

**Score of 4-5 indicates Fall Risk:** [ ] Implement Falls Packet

**Score of 6 or greater indicates High Fall Risk:** [ ] Implement Falls Packet and consult PT/OT

---

<table>
<thead>
<tr>
<th>Visit Date</th>
<th>Patient Name</th>
<th>PID #</th>
<th>Team</th>
<th>Staff Signature</th>
</tr>
</thead>
</table>
Scuba Check List for Fall Risk Patients

___ Socks (non-skid) or non-skid footwear in place

___ Clutter free. Remove throw rugs, extension cords, papers, and keep necessary items (call lights, urinal, phone, tissues, garbage cans) within reach.

___ Unnecessary/unsafe medications/equipment.

____ Check orthostatic blood pressure

____ Lying _____ Sitting _____ Standing

____ Review medication list and evaluate medication that can contribute to falls.

____ Clear walking pathways.

___ Bed in safest position. Keep wheels locked.

___ Alerting systems initiated or activated (tab/sensor alarm, call light, room monitor, explore “lifeline” option).

______________________________________________________________________

______________________________________________________________________

______________________________________________________________________

Visit Date Staff Signature Patient Name PID # Team
Patient Instruction Sheet

Safety Tips to Reduce Falls
For Caregivers, Family and Staff

1. Person
   - Re-orient the person to the environment as needed.
   - Have the person wear the red slipper socks (provided by Legacy Hospice) or non-skid footwear when getting out of bed or ambulating.
   - Keep personal items (water, urinal, phone, tissues, garbage can) within reach.
   - Encourage person to get up slowly and stand for a moment before walking

2. Equipment
   - Keep hospital bed in low position with brakes on.
   - Keep wheels locked on wheelchair.
   - Consider tab or sensor alarm (provided by Legacy Hospice) to alarm when persons are trying to get up without assistance.
   - Consider safety devices such as floor mats, bedside commode, raised edge or low mattress.

3. Environment
   - Clear walking pathway of clutter and fall risk items (throw rugs, extension cords, papers, etc.)
   - Utilize nightlight or supplemental lighting.
   - Keep floor surfaces clean and dry.

Please refer to the “Safety” section of the Legacy Hospice Patient Information Booklet.
Case Examples (Stories)
Next Steps (Phase 2)

- Correlating data with program effectiveness
- Revisions of tool
- Validating and improving inter-rater reliability
- Re-education of staff
Acknowledgements

- Sue Frieberg, FNP, ACHPM, NP-C
- Lauren Rykert, OTL
- American Journal of Hospice and Palliative Medicine, Volume 24 Number 3 June/July 2007 “Protecting Hospice Patients: A New Look at Falls Prevention”, Jullie Gray, MSW, LICSW, CMC
- http://www.jointcommission.org/assets/1/18/NPSG_Chapter_Jan2013_OME.pdf
Thank you!