

Fall Prevention (FP) in an Inpatient Psychiatric Unit. Systematic Enhancement Effort to Address High Fall Rate

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Introduction

There was a raising trend of fall in Department of Psychiatry, TPH (**32** in 2019 to **37** in 2020).

Prevalence of fall is higher in psychiatric inpatient settings than general settings due to psychopharmacological treatment and impaired cognitive function.

Fall could cause serious adverse physical and psychological outcomes (e.g. fractures, depressive symptoms). Based on the **4MIE** principle (Man, Mechanism, Material, Method, Environment), a 2-year systemic fall prevention (FP) project was implemented since 2021 to tackle the raising trend of fall incidents.

Objective

Minimize fall incidents and related injuries.

Evaluation

Pre- and post- comparison of fall incident rate and fall-related fracture cases.

Actions Taken

Man

- 2-day training workshops to nurses (FP knowledge, assisted walking skills)
- Revised FP Training Program for fresh graduate nurses



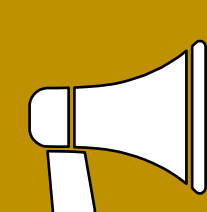
Mechanism

- Enriched post-fall environmental visit and fall incident review
- Assigned fall representatives for each ward to support FP measures



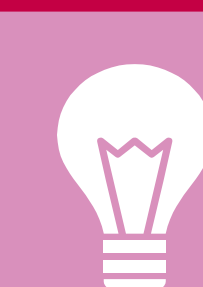
Material

- Utilize FP Equipment (e.g. Wireless Fall alarm mat, protective helmet, well fitted slippers, hip protector)



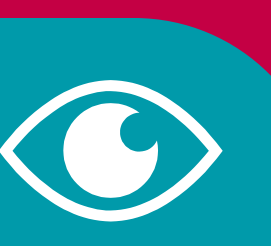
Method

- Prompt/assist psychogeriatric patients proactively for earlier toileting to tackle toileting-associated fall



Environment

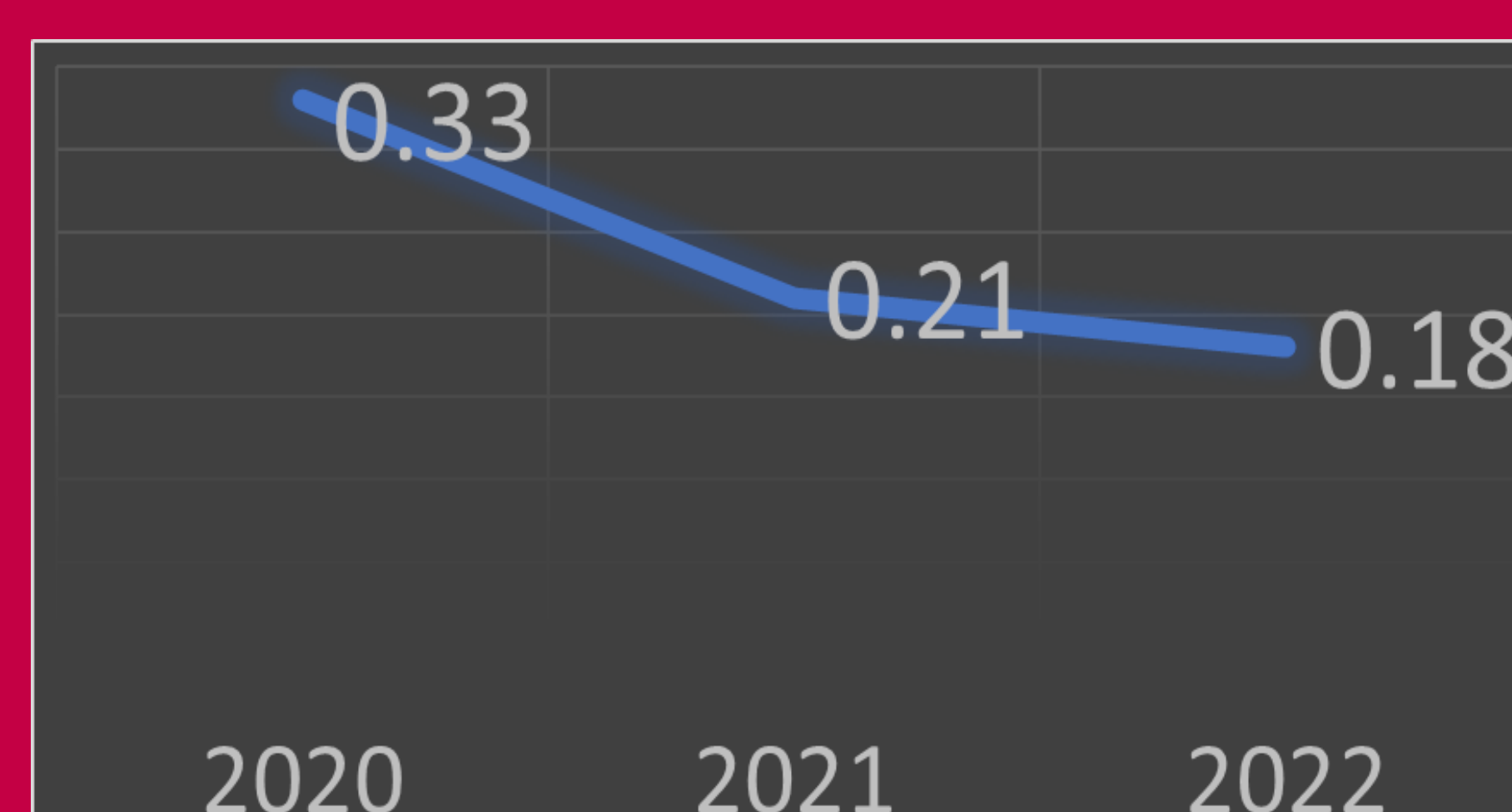
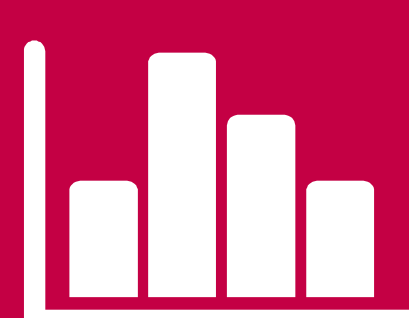
- Implemented routine environmental scan per shift to ensure FP measures are being applied



Results

The fall incident rate reduced from **0.33** in 2020 to 0.21 in 2021, and **0.18** in 2022.

There were 6 of 6 fall related fracture cases from 2020 to 2021, but no more fracture Since OCT 2021.



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Conclusions

- Fall incidents are multi-factorial accidents (Choi, et al., 2011)
- Systemic enhancement efforts are needed for sustainable improvement
- Cultural change and FP measures to be incorporated into daily practice are crucial

References

Choi, Y.S., Lawler, E., Boenecke, C.A., Ponatoski, E.R. and Zimring, C.M., 2011. Developing a multi-systemic fall prevention model, incorporating the physical environment, the care process and technology: A systematic review. *Journal of advanced nursing*, 67(12), pp.2501-2524.0