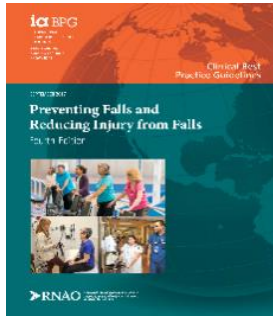


## RNAO Best Practices: Evidence Booster

### Implementing best practice guideline to reduce falls-related injuries in older adults

**Preventing Falls and Reducing Injury from Falls, fourth edition (2017)**



The purpose of RNAO's best practice guideline (BPG) *Preventing Falls and Reducing Injury from Falls* (2017) is to increase all health providers' confidence, knowledge, skills, and abilities in the identification of all adults within health-care facilities at risk for falling and to define interventions for the prevention of falling.



compassion respect empathy acceptance teamwork empowerment

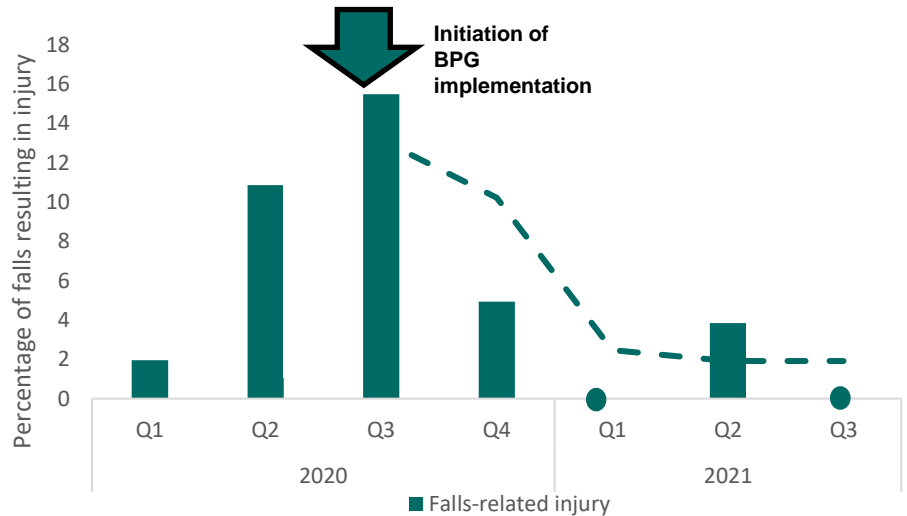
Braemar Retirement Centre is a Best Practice Spotlight Organization® (BPSO®) located in the north end of Wingham, Ontario, Canada. This home provides quality care to long-term care residents and is accredited by Accreditation Canada for providing quality long-term care within Wingham and surrounding communities for over 38 years. Braemar is currently implementing RNAO's BPG: *Preventing Falls and Reducing Injury from Falls* (2017) to foster a supportive environment to prevent falls and allow residents to live to their fullest potential.

**Aim:** To examine changes in residents' health outcomes associated with the implementation of RNAO's *Preventing Falls and Reducing Injury from Falls* (2017) BPG in Braemar Retirement Home, while aiming to achieve excellence in resident care and safety.

**Measures:** The Nursing Quality Indicators for Reporting and Evaluation® (NQuIRE®) data system was used to determine (a) percentage of falls resulting in injury, and (b) percentage of adults screened for falls risk.

**Clinical improvement:** Noted a decrease in the percentage of falls-related injuries and an increase in the percentage of adults screened for falls risk.

**Figure 1: Percentage of falls resulting in injury**



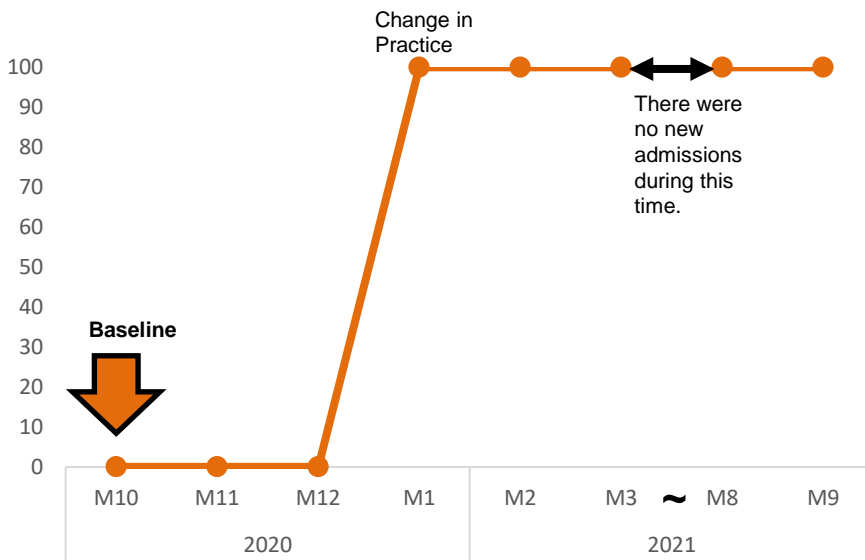
**Impact:** There was a 75.2 per cent (15.49 to 3.85) relative decrease in falls-related injuries within one year of BPG implementation. Even in the midst of the COVID-19 pandemic, falls-related injuries have decreased over time.

#### Practice changes

The *Preventing Falls and Reducing Injury from Falls* (2017) BPG was implemented organization-wide as of April 2020. During the pre-implementation phase, an admission screening tool was developed and implemented within the electronic admission assessment, in January 2021. The Falling Star Program was implemented for any resident who has a falls score above 7. With these practice changes, staff are better equipped to recognize a resident's risk for falls and implement prevention strategies.

## RNAO Best Practices: Evidence Booster

**Figure 2: Falls Risk Screening**



### Practice changes

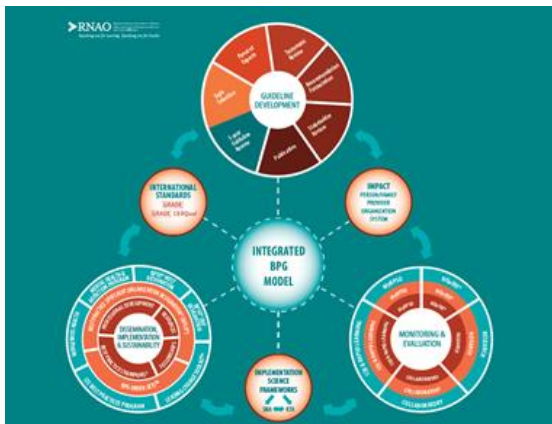
Overall, Braemar took an interdisciplinary, proactive approach for falls prevention and reduction. Workloads have been streamlined to ensure staff are working efficiently and feel more effective in falls and injury prevention.

As of January 2021, the Scott Fall Risk Tool is being completed on admission, quarterly review, and post fall. Assessments of resident footwear are completed regularly by the Falls BPG lead. Falls are reviewed in detail during monthly falls meetings.

Care plans are also more individualized to reflect the resident's goals and wishes (this may include living at risk).

**Impact:** There was a 100 per cent improvement in falls risk screening following BPG implementation. Falls risk screening was not in practice during the pre-implementation period.

**Conclusion:** These analyses demonstrated that the implementation of the *Preventing Falls and Reducing Injury from Falls* (2017) BPG led to 100 per cent falls risk screening on admission and a significant reduction in falls-related injuries.



RNAO launched the BPG Program in 1999<sup>1</sup> with funding from the Government of Ontario, Canada. The evidence-based BPGs developed to date are transforming nursing care and interprofessional work environments in all sectors in health systems worldwide. BPSOs are health service and academic organizations that implement multiple BPGs through a formal agreement and systematic process, as well as evaluate their impact on health and organizational outcomes<sup>2</sup>.

NQuIRE<sup>2,3</sup>, a unique nursing data system housed in the International Affairs and Best Practice Guideline Centre, allows BPSOs worldwide the ability to measure the impact of BPG implementation. The NQuIRE data system collects, compares, and reports data on human resource structure, guideline-based nursing-sensitive process, and outcome indicators. Contact: [NQUIRE@RNAO.ca](mailto:NQUIRE@RNAO.ca) for more details. To learn more about RNAO's IABPG Centre, please visit [RNAO.ca/bpg](http://RNAO.ca/bpg).

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