

Executive Summary

RNAO Fellowship, August 16, 2013-January 31, 2014

Sustainability and the Prevention of Falls and Fall Injuries in the Older Adult

Fellow: Giselle Talledo-Hastie, Hotel Dieu Hospital, Kingston Ontario

Primary Mentor: Karen Ray, Saint Elizabeth Research Centre, Toronto Ontario

Mentoring Team: Brian Merkley & Jennifer O'Neil Hotel Dieu Hospital Kingston, Ontario

The Registered Nurses Association of Ontario and Hotel Dieu Hospital supported an Advanced Clinical Practice Fellowship to facilitate the enhancement of knowledge related to the prevention of falls and fall injuries. The learned process and recommendations are anticipated to assist in creating a change in practice and improve quality care for the Adult Mental population at Hotel Dieu Hospital.

A number of activities expanded my knowledge in the area of implementing Best Practices beginning with my attendance at the Registered Nurses Association of Ontario (RNAO) Summer Institute. In addition, a review of the RNAO Implementation Tool Kit (2nd edition) and the literature was undertaken. This was complemented by interviews with experts and a site visit to our mentoring organization.

The RNAO Summer Institute gave me foundational knowledge related to Best Practice Guidelines and Evidence Based practices. The RNAO BPG Implementation Tool Kit (2nd edition) and a literature review further shaped my understanding of knowledge transfer, implementation of Guidelines and emphasized the importance of sustainability and evaluation. Interviews with experts and a site visit to our mentoring organization, Cambridge Memorial, provided me with insight into how to get knowledge into practice. This knowledge acquisition was facilitated by my primary mentor and mentoring team. Their experiential knowledge and discussions challenged my thinking beyond my expectations and motivated me to champion the implementation of the Falls BPG in the Adult Mental Health Program and to develop a sustainability plan.

The fellowship also allowed me to explore existing organizational strategic plans and importance of Falls Prevention as a significant safety issue affecting the quality of life among older adults. I was able to make the link between best practice, our Accreditation Canada requirements and the establishment of Falls Prevention Programs as part of the Required Organization Practice (ROP).

I am also now aware how Hotel Dieu is establishing a culture of evidence practice. As part of this, I recognize the importance of Hotel Dieu Hospital becoming a BPSO® and committing to implementing five clinical BPG's, including the Prevention of Falls and Fall Injuries in the Older Adults organization-wide. I also recognize the role of having senior leaders and managers being highly involved and supporting guideline implementation and the role of policies regarding falls prevention are based on the RNAO *Prevention of falls and fall injuries in the older adult* BPG have in supporting practice across the organization including in the Adult Mental Health Program.

In conclusion, I am very grateful to have participated in this learning journey. I am committed to extending the knowledge and partnerships I made during my fellowship in order to assist Hotel Dieu to sustain a culture of Evidence Based Practice, and will continue to be a role model for team members and a champion for quality of care for our patient population.