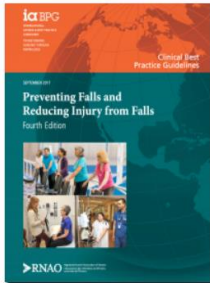## RNAO Best Practices: Evidence Booster

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 health providers' confidence, knowledge, skills and abilities in the identification of all adults within health-care facilities at risk of falling.


Hampton Terrace Care Centre (HTCC) is a 101-bed long-term care (LTC) home located in Burlington, Ontario. Built in 2001, HTCC's mission is to promote and enhance resident-focused care and quality of life through excellence, teamwork and innovation. Through their participation in the Best Practice Spotlight Organization® (BPSO®) program, they have successfully implemented best practice guidelines and look forward to continuing their partnership with the RNAO and BPSO-LTC program.

Aim: To determine the impact of implementing RNAO's *Preventing Falls and Reducing Injury from Falls (2017)* BPG in Hampton Terrace Care Centre long-term care home.

Measures: The Nursing Quality Indicators for Reporting and Evaluation® (NQuIRE®) data system was used to determine the percentage of falls resulting in injury. Additionally, HTCC's internal quality improvement plan audits also captured the types of injuries sustained from a fall.

Clinical Improvement: There was a significant decrease in the percentage of falls resulting in injury after the implementation of the BPG.

Percentage of falls resulting in injury
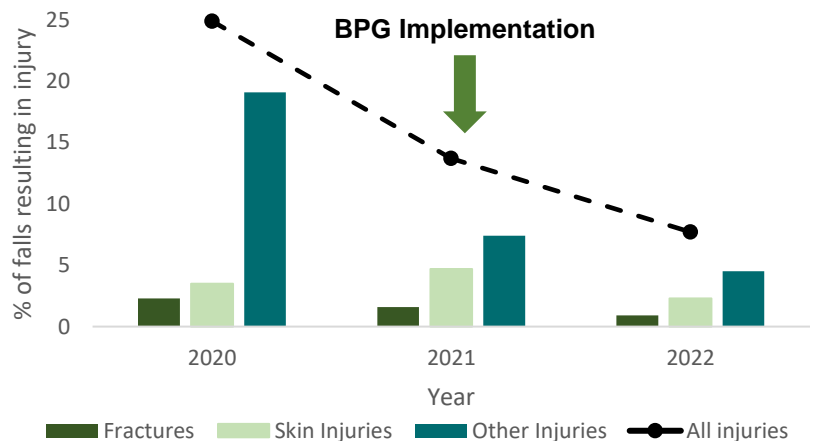
Impact: From January 2020 to June 2022, there was a marked reduction in the percentage of falls resulting in injury:

➢ falls resulting in all types of injury: **69 per cent** relative decrease
➢ falls resulting in fractures: **61 per cent** relative decrease
➢ falls resulting in skin injuries: **34 per cent** relative decrease
➢ falls resulting in other injuries: **76 per cent** relative decrease

Practice changes: HTCC implemented a multi-interventional organization-wide strategy to reduce falls and injury from falls using recommendations from RNAO's *Preventing Falls and Reducing Injury from Falls* (2017) BPG. After a thorough gap analysis, the home developed a plan for implementation that included organizational policy changes, increased education for staff, improved assessment and documentation procedures. And, they sustained these practice changes.

RNAO Best Practices: Evidence Booster

Practice Changes

Practice changes integral to HTCC's BPG implementation included:

• Improving post-fall documentation in 2021 to include a multi-disciplinary review of current falls interventions, high falls risk medication, patterns or trends, and residents' changes in health status that may affect falls risk.

• Implementing skin integrity intervention in 2022 for all residents at high risk of developing skin tears –including the application of a moisturizing agent to areas of the body requiring skin hydration.

• Providing education to staff on fall and falls-related injury preventions. Educational materials on falls and restraints were included in the admission package for newly-admitted residents.

• Implementation of the "Falling Star Program" in 2022 to enhance identification of residents who are at high risk for falls. As part of the program, assistive devices belonging to residents at high risk for falls were tagged with a falling star logo. Posters were placed over residents' beds to remind staff about falls prevention interventions, transfer status, and assistive devices in use.

Conclusion: Hampton Terrace demonstrated that the implementation of RNAO's BPG, *Preventing Falls and Reducing Injury from Falls* (2017) led to a marked decrease in percentage of falls resulting in injury following the BPG implementation.
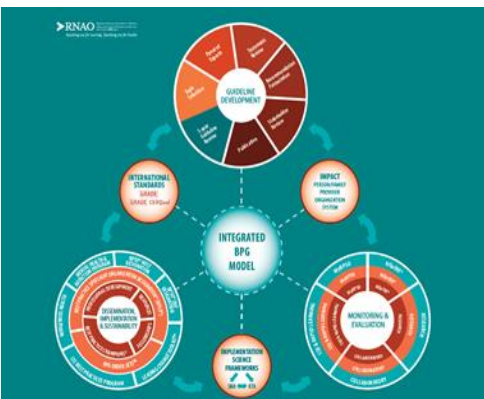
RNAO launched the BPG Program in 1999[1] with funding from the Government of Ontario, Canada. The evidence-based BPGs developed to date are transforming nursing care and interprofessional work environments in all sectors in health systems worldwide. BPSOs are health service and academic organizations that implement multiple BPGs through a formal agreement and systematic process, as well as evaluate their impact on health and organizational outcomes[2].

NQuIRE[2,3], 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 us by email at NQUIRE@RNAO.ca for more details. To learn more about RNAO's IABPG Centre, please visit RNAO.ca/bpg. This work is funded by the Government of Ontario. All work produced by the RNAO is editorially independent from its funding source.

References

[1] Grinspun, D. (2018). Transforming nursing through knowledge: The conceptual and programmatic underpinnings of RNAO's BPG program. In D. Grinspun & I. Bajnok (eds.), *Transforming nursing through knowledge: Best practices for guideline development, implementation science and evaluation* (pp. 3-25). Sigma Theta Tau International.

[2] Naik, S., Voong S., Bamford, M., Smith, K., Joyce, A., & Grinspun D. (2020). Assessment of the Nursing Quality Indicators for Reporting and Evaluation (NQuIRE) database using a data quality index. *Journal of the American Medical Informatics Association, 27*(5), pp. 776-782.

[3] VanDeVelde-Coke, S., Doran, D., Grinspun, D., Hayes, L., Sutherland Boal, A., Velji, K., White, P., Bajnok, I., & Hannah, K. (2012). Measuring outcomes of nursing care, improving the health of Canadians: NNQR (C), C-HOBIC and NQuIRE. *Nursing Leadership*, *25*(2): 26-37.