

Practice Problem

In 2023, our Epilepsy Monitoring Unit (EMU) had 8 falls, 5 with injuries, up from zero falls with injury in 2022. Enhancing patient and family education on fall risks and prevention is crucial for improving safety and reducing falls.

PICO Question



In pediatric patients admitted on the Epilepsy Monitoring Unit, is the implementation of patient-family centered fall interventions more effective than our current fall prevention bundle in reducing falls with injury?

Literature/Evidence

- Academic Search Complete and Google Scholar
- Falls in EMU are common adverse events
- Patients with epilepsy are at increased risk of falls due to seizures
- Seizures are provoked by changing medications, sleep patterns, and stimulation, increasing fall risk and possible injury

Practice Changes

- EMU Falls workgroup created
- Engagement of EMU providers and EEG technicians
- “Call Don’t Fall” ceiling tiles placed in patient rooms
- EMU specific falls education provided prior to admission and reviewed upon arrival and each shift for patients and families

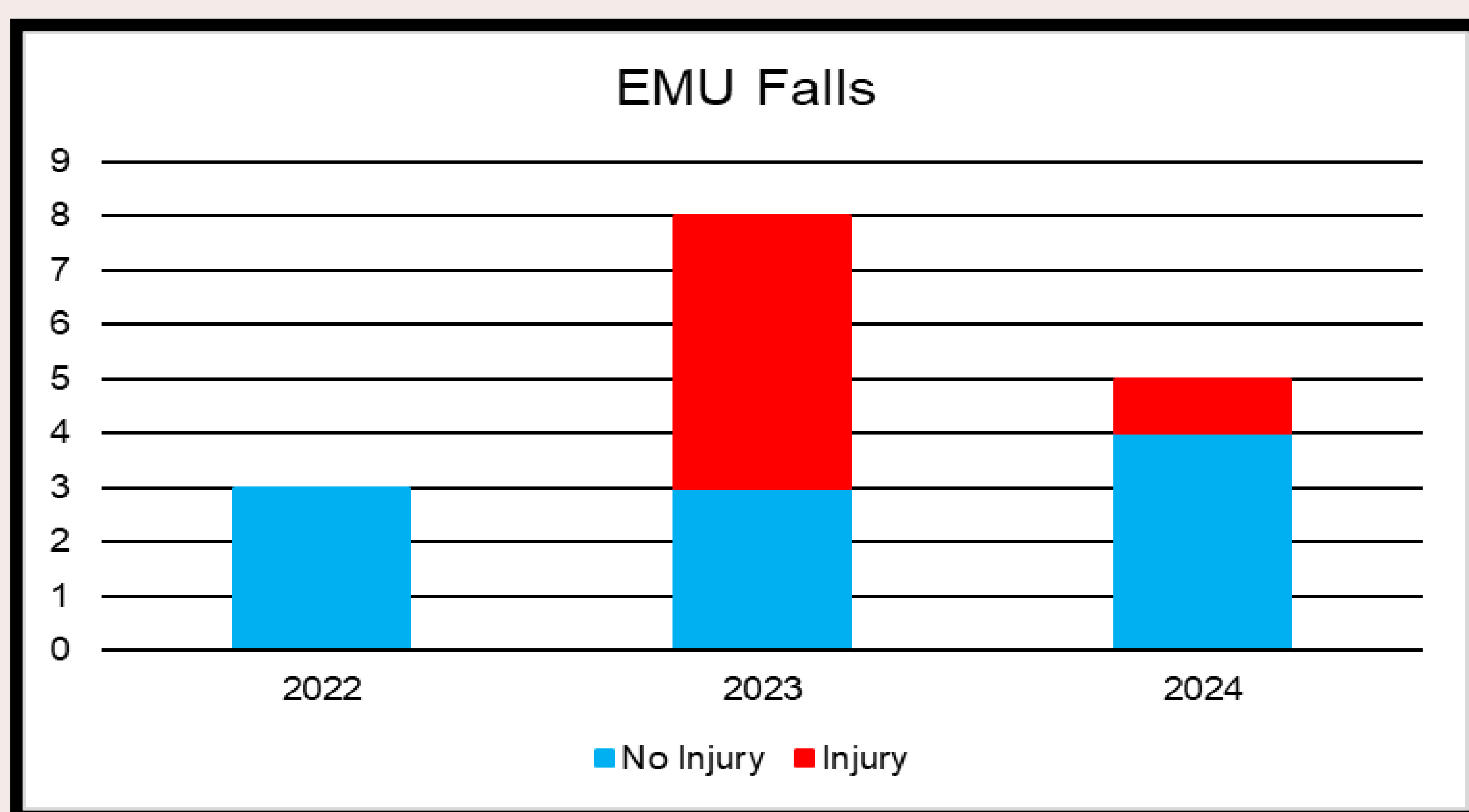
Fall Safety in the Epilepsy Monitoring Unit (EMU)

Your child's safety is important to us. We want to partner with you to prevent your child from falling while in the hospital. During the hospital stay your child's seizure medicines may be changed, which increases their risk for falls.

Safety Tips

- Call for help when your child is going to get out of bed for any reason. We can give your child a gait belt, walker, wheelchair, or wagon as needed.
- Do not leave your child alone in the room/bathroom. A staff member or parent must stay with them at all times.
- Have your child wear the non-skid socks we give them or their own shoes. Do not let your child wear Crocs™ as they are slippery.
- Do not let your child climb, stand, or jump from any furniture in the room.
- Do not let your child run or play roughly in the EMU.
- Keep the floor clear of clutter.
- Keep the side rails of the bed up and in the closed position while your child is in bed.
- Keep the call light within reach at all times.

CALL, DON'T FALL!



Outcomes

For January to December 2024, there were a total of five falls and one fall with injury in the EMU. This fall with injury occurred in the patient bed due to them hitting siderail during event but still meeting criteria for a fall under NDNQI.

Recommendations

Educating families has globally shown to be the most effective approach in reducing fall rates, as there is not a single fall prevention intervention that works for every patient.

