

An Innovative Approach to Fall Prevention: One Size Does Not Fit All



Nancy Russell, MS, RN, CPN, CPPS

BACKGROUND

Despite being identified as high risk, pediatric patients and their caregivers often do not perceive themselves as at risk for falls.

An increased rate of falls and unique trends were noted in specialty units.

PURPOSE

The aim of this quality improvement project was to reduce fall rates using interventions customized for each unit.

METHODS

Data analyzed on units provided insights into the population, time of falls, and causes.

- Pre-teens and teens comprised the majority of falls on the hematology/oncology (H/O) unit.
- Falls occurred during shift change on the neuroscience unit.
- Toddlers most often fell during the discharge process on the Short-Stay unit.

Evaluated the rate of falls per 1000 patient days.

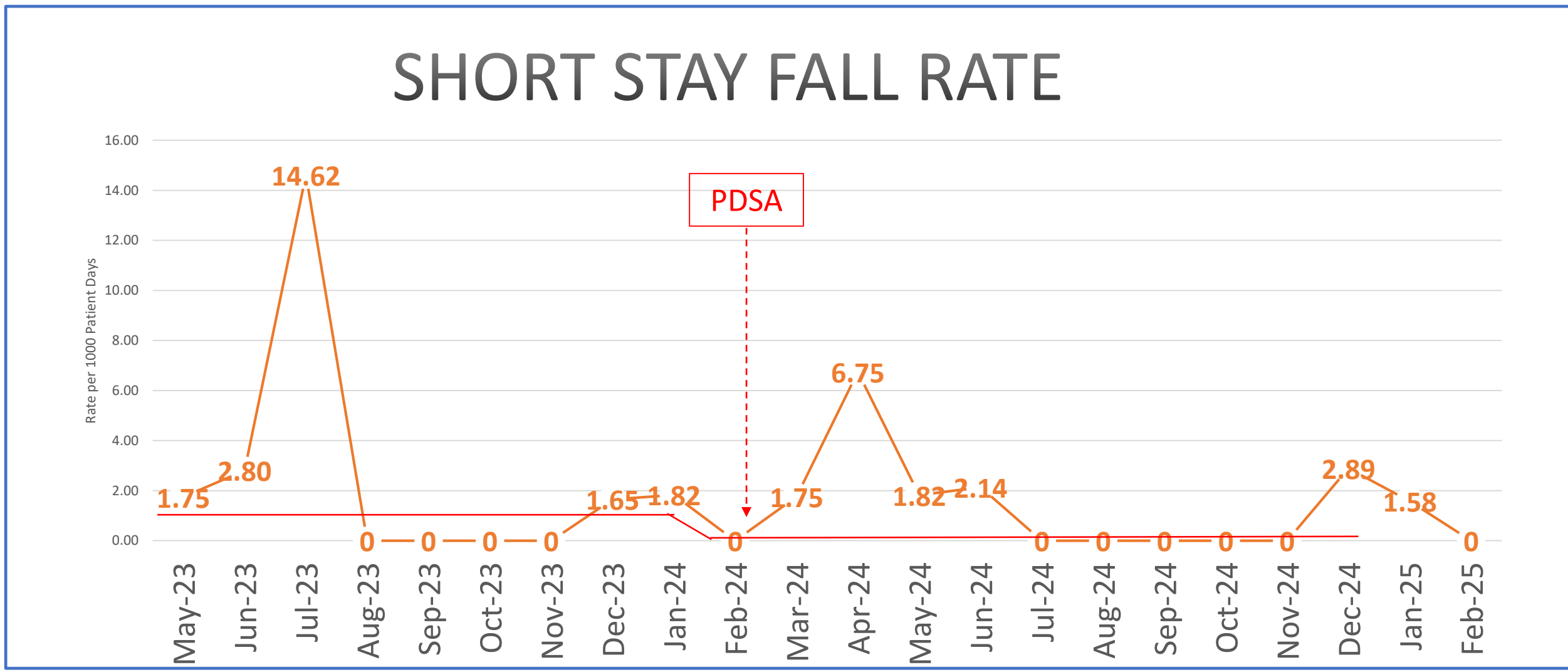
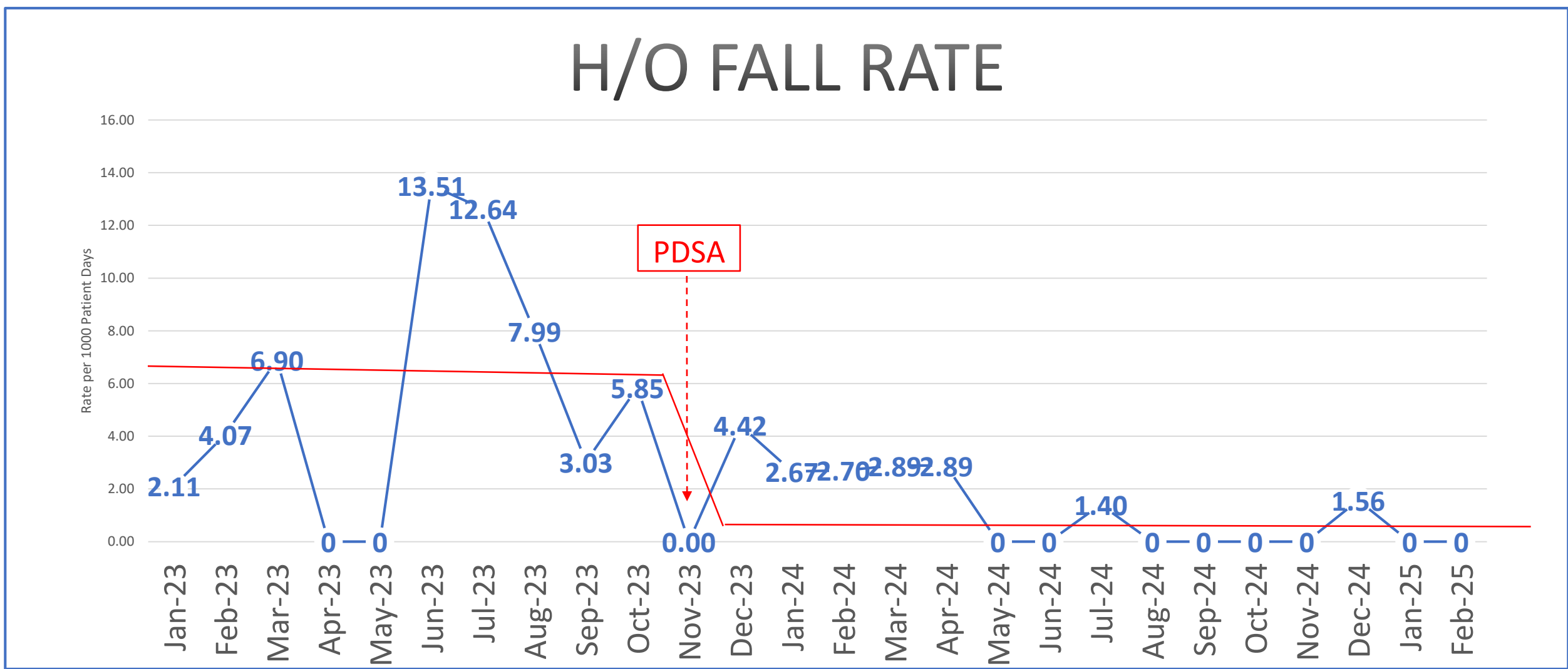
IMPLEMENTATION STRATEGIES

PLAN – Analyzed trends in fall rates data to design unit-specific prevention strategies.

- DO** – Customized interventions were implemented for each specialty unit.
- Neuroscience unit: a flex shift patient care technician assisted in the evenings.
 - Short-Stay unit: volunteers tended to toddlers while discharge education was completed.
 - H/O unit: providers reinforced fall risk with the patient and family during rounds.

STUDY - Fall rates were monitored to measure the impact of the interventions.

ACT - All units chose to sustain the customized fall prevention strategies.

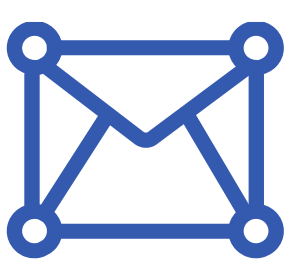


OUTCOMES AND CONCLUSION

Reduction in rate of falls per 1000 patient days

- H/O unit dropped from 6.23 to 1.19
- Short-Stay unit dropped from 1.75 to 1.35
- Neuroscience unit is still collecting data

Customized fall prevention may reduce the number of falls and injuries sustained by pediatric patients.



nancy.russell@cookchildrens.org

References

• Database of Nursing Quality Indicators (NDNQI) (2024). Guidelines for data collection and submission on patient falls indicator. [Documents \(nursingquality.org\)](#)

• DiGerolamo, K., Frankenberger, W., & Bernbaum, S. (2022). Children's falls inside the inpatient setting: A qualitative study of parent perceptions and the implications for fall prevention messaging. *Journal of Pediatric Nursing*, (67), p 102-106.

• Tucker, S., Sheikholeslami, D., Farrington, M., Picone, D., Johnson, J., Matthews, G., Cullen, L. (2019). Patient, nurse, and organizational factors that influence evidence-based fall prevention for hospitalized oncology patients: An exploratory study. *Worldviews on Evidence-Based Nursing*, 16(2), 111–120. <https://doi.org/10.1111/wvn.12353>.

• Agency for Healthcare Research and Quality (2023). NPSD data spotlight: Falls: Associated factors and clinical outcomes. *AHRQ Pub.* No. 23-0030. [NPSD Data Spotlight - Falls: Associated Factors and Clinical Outcomes \(ahrq.gov\)](#)