Tufts Medical Center: Falls Prevention Education
Purpose of Tufts Medical Center’s Fall Program

- Minimize the number of patient, visitor and employee falls
- Minimize injuries related to falls
- Promote an interdisciplinary approach to fall prevention
- Meet internal and external regulatory requirements

Our Goal is Zero Preventable Falls!
Impact of Falls

- Patient falls are the leading cause of injury related death for patients over the age of 65
- Elderly patients often have health conditions that create physical inactivity, frailty or balance problems
- Institutional factors compound the risk for falling
- Only 1/2 of those who suffer a serious fall will be alive 1 year later
- More than 90% of falls in elders occur while meeting elimination needs
What is Tufts Medical Center Doing to Prevent Falls?

- Utilize a standardized fall assessment tool
- Assess all patients over the age of 8 months for falls
- Visually identify patients at risk for falls
- Regular rounding on patients to assist with toileting needs
- Use bed and chair alarms consistently
- Conduct post fall investigations
When Are Patients Most At Risk for Falls?

• Attempting elimination needs (to and from Commode/Bathroom)

• When staff attempt to move patients
Recognize the Universal Indicators for Patients at Risk for Falling

- Yellow triangle fall precaution sign for patient identification outside patient room
- Yellow non-skid socks (*to be worn only by those who are a high fall risk*)
- Yellow wrist band (in addition to patient identification band)
- Yellow name tag on blue Medical Record
Remember….

Visual cues do not prevent falls, they only help to identify who is at risk for falling….

If you have any questions, please refer to Fall Prevention Hospital Policy #4062
Ticket to Ride Purpose

- Communicate the main safety points during transportation of patients between departments.
- Maintain patient safety and continuity of care when patients leave the unit.
- Decrease risk of falls
- Help prevent communication breakdowns
- Structured handoff of communication
- Ensure right patient transport to right department
- Increase patient satisfaction
How Does Ticket to Ride Work?

- Unit Coordinator places form in front of each chart
- RN completes top section upon admission or prior to first travel
- Unit Coordinator completes date and time, RN name, extension, destination, and covering MD/service.
- Nursing staff of sending unit verifies patient by 2 identifiers (name and date of birth) while checking ID band and verifies destination with transport.
How Does Ticket to Ride Work?

- Transport staff verifies patient by 2 identifiers while checking ID band, confirms destination with nursing staff, and signs form.
- Transport at receiving unit locates staff in that department to verify right patient to right destination.
- Receiving department staff verifies right patient while checking ID band and signs the form.
- Form remains in the front of the medical record.
Moving Patients Safely

- Always remember to take your time and ask the patient to help you.
- Always check the white board for level of assist required by the patient. If you are not sure, ask!
- Always make sure the white board is updated to reflect the patient’s current mobility status.
If you come upon a person who has fallen (patient, staff, visitor):

- Attend to the individual to offer your assistance
- Do not move the person to prevent further injury
- Call for help (Security #6-5100), or send another person to call for help and stay with them
- Reassure them help is on the way
- If body fluids present, follow standard infection control precautions
- Patient’s will be safely transported back to their unit (if applicable) and staff/visitors will be transported to the ED for evaluation
If a Fall Happens

- Notify provider (MD, PA, APN)
- The Clinical Manager on duty is responsible for notifying Risk Management when an injury is suspected or confirmed
- Complete post fall tool assessment
- Fill out an incident report (for any fall)
- Include the most recent pre-fall risk score in the report
- Utilize white board in patient’s room to communicate fall risk
- Educate patient and family on how to help in preventing falls

I understand that my electronic signature carries the same legal weight and authority as my written signature.