

Gulf Coast Biloxi VHCS

2022 Fall Prevention Awareness Week in the Community Living Center

To draw attention to Fall Awareness Week, Terry Gonzalez the CLC Nurse Educator, and Sheila Phillips the CLC CNL developed a falls activity for both day and night shift clinical staff. The activity used a team-building approach to identify fall hazards followed by a case study group discussion guided by the falls SOP.

The Falls Risk Room included a room staged with various fall hazards and a manikin on the floor. The participants were given two minutes to enter the room and identify as many risks as possible and staff were encouraged to work as a team, as teamwork is important in fall prevention. After the identification session was completed, the participants relocated to a debriefing area, where they were debriefed as a group.

Ms. Phillips began the debriefing session by having participants read the posted case study. Next, one staff member was asked to read out loud their list of fall hazards and then asked others to share their list. Discussion was encouraged by asking “what could have been done to prevent the fall that occurred in the room.” Afterwards, the nursing staff and CNL reviewed and discussed the “fall case study” together. The nursing staff was surprised regarding over-the-counter medication’s side effects that can contribute to a fall when taken with prescription medications, this was a hot topic of discussion. We discussed as a group the importance of teamwork and having interdisciplinary team members involved in the post-fall huddle. A physical therapists joined the session and reviewed several interventions the team could do to help prevent falls. After the fall activity discussion, the CNL reviewed some upcoming changes to the post-fall huddle note and the importance of these changes such as orthostatic blood pressure assessment and making the WBG level a fixed field.

A total of eighty-one staff members attended the sessions, multiple positive comments were made during the learning activity. A post fall risk room activity survey was emailed to all participants for feedback. Twenty-six participants completed the survey, with twenty-five positive comments.