



## Bríd McAtarsney / Falls in the Elderly Audit 2005/2006

**project area – Elderly Care Residential Setting, Co Clare**

### **why did I choose this project? -**

- Slips/Trips/Falls are the highest reported incidents in Elderly Care.
- No Falls Prevention Programme in place in the Elderly Care setting.
- No routine use of any Falls Risk Assessment Tool.

### **who has helped me so far? -**

- Sub-group of PCCC Risk Management Steering Group set up to look at Slips/Trips/Falls.  
(Physio, Director of Nursing, Staff Nurse & Risk Advisor)
- Support from Risk Management Steering Group.
- Support from Elderly Care Executive
- Support from Physiotherapy Department.
- Assistance of Staff at Ward level.





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**what progress have I/we made so far?**

- Introduction of FRASE Falls Risk Assessment
- Introduction of Intervention Strategies / Action Plans.
- Increased awareness among staff regarding Slips/Trips/Falls.
- Increased referral to Podiatry, O.T. Optician etc.

**what results have I/we achieved?**

- Each Elderly care Residential facility in Co. Clare is using FRASE.
- Reprint of Falls Information leaflet 'Live Life'.
- Increased awareness of falls among staff.
- Gradual reduction in number of Falls.
- Reduction in number of fractures associated with falls.






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### what have i learned from doing this project? -



**define -** • The purpose was to conduct a Falls Audit, the prospective element involving choosing and implementing a suitable Falls Prevention Programme across the elderly care setting in Co. Clare.

**measure -** • (1) Retrospective Audit to ascertain the degree of the problem. (2) Prospective Audit to choose and implement a suitable Risk Assessment & Falls Prevention Programme. (3) Follow up Audit to monitor & evaluate effectiveness.

**analyse -** • There was no Falls Risk Assessment or Falls Prevention Programme in place prior to the Audit.

**improve -** • Referral to Physio for BERG Balance Assessment and Balance & Gait Training demonstrated improvement in patient mobility & independence.

**control -** • Phase 3 of the Audit yet to be completed to formally evaluate the effective of the project.





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## **what are the next steps for this project?**

- **Oversee the adoption of the Falls Risk Assessment tool in clinical areas.**
- **Conduct Phase 3 of the Audit to ascertain if the project has been embraced by staff and if there is a significant reduction in the number of falls and the number of fractures.**
- **Continue to seek additional funding to increase physiotherapy services to long stay residential patients.**
- **Utilise the work done to advise and support the setting up of a Falls Clinic.**

## **what are the next steps for me?**

- **Continue to promote Falls Awareness among staff.**
- **Work on developing the local Falls Prevention Programme by incorporating bedrail (cotside) policy and regular Falls Audit.**

