

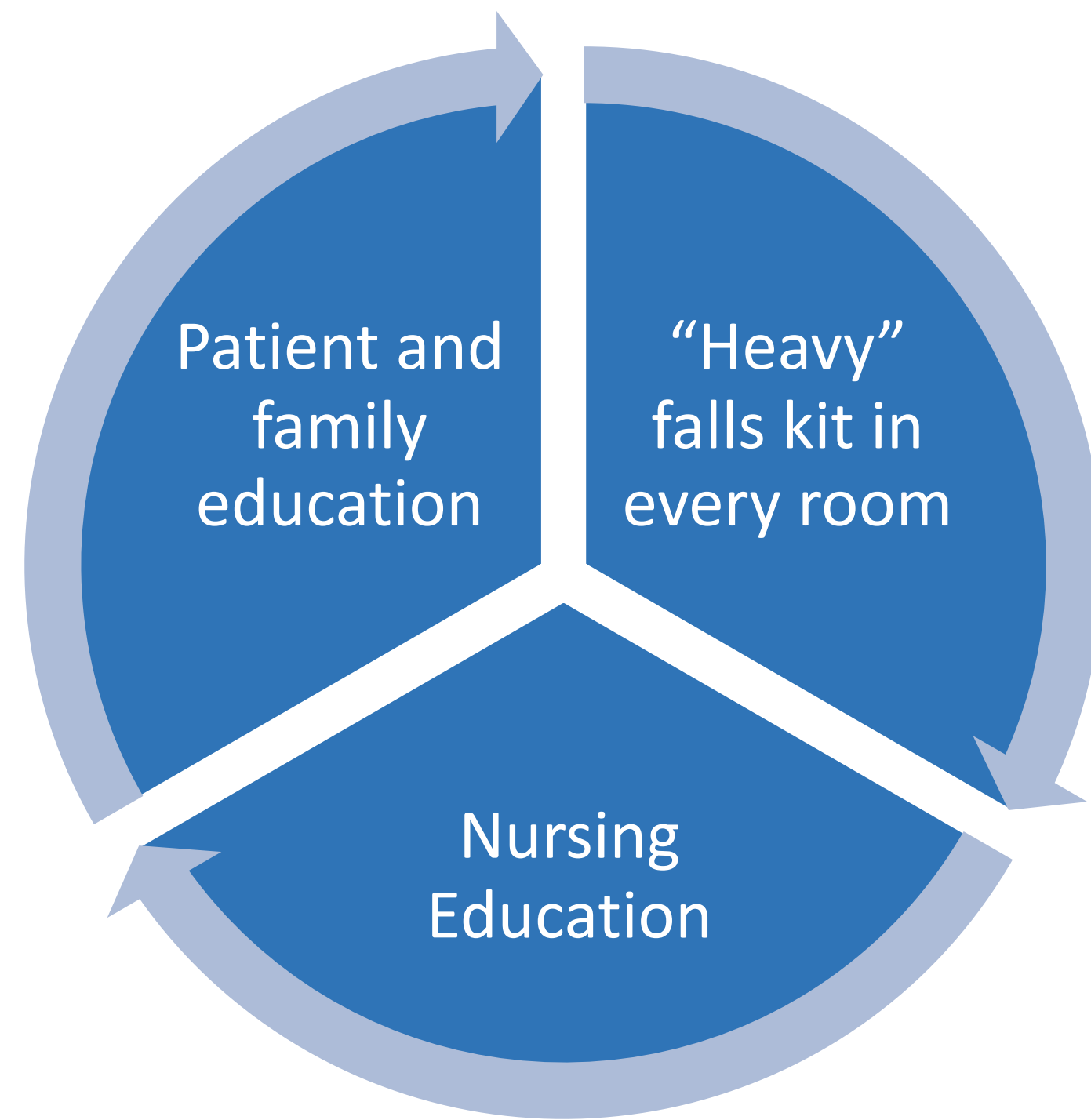
“Heavy” Kits Can Prevent Harm One Less Fall at a Time

Amy Hines, BSN, RN, CEN; Kathy Gilbert, BSN, RN-BC, Manager; April Meeks, BSN, RN, PCCN, Assistant Nurse Manager
ECU Health Medical Center | Greenville, North Carolina

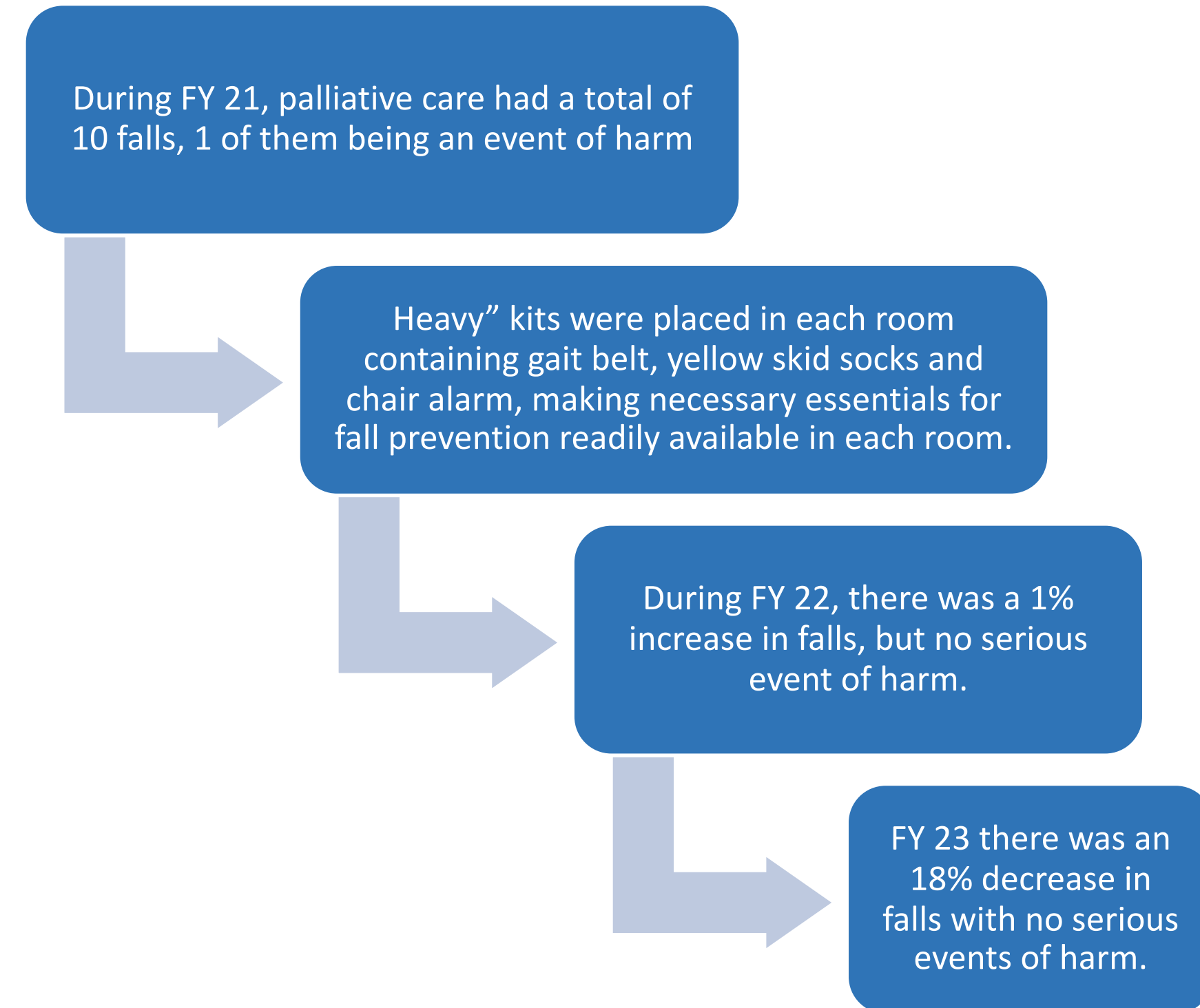
Rationale

- Falls are one of the leading principles of avertible patient injury in hospitals causing mobility issues and increased length of stay (Wilson et al., 2022).
- Patient are admitted for various reasons, prescribed medications and utilize equipment that increase their risk of falls. Due to increased patients with multiple co-morbidities, patients’ falls are expected in increase (Wilson et al., 2022).
- In palliative care settings, falls are the third highest safety issue due to age, medications used for symptom management and declining functional status including delirium (Louise Forrow et al., 2022).
- Palliative patients are on several narcotic medications for symptom management with body function decline.
- One of the most important features of any falls program is education, enforcement of safety and keeping falls precautions awareness visible (Cochran & Foley, 2022).

Process Improvement Methods



Target Outcomes

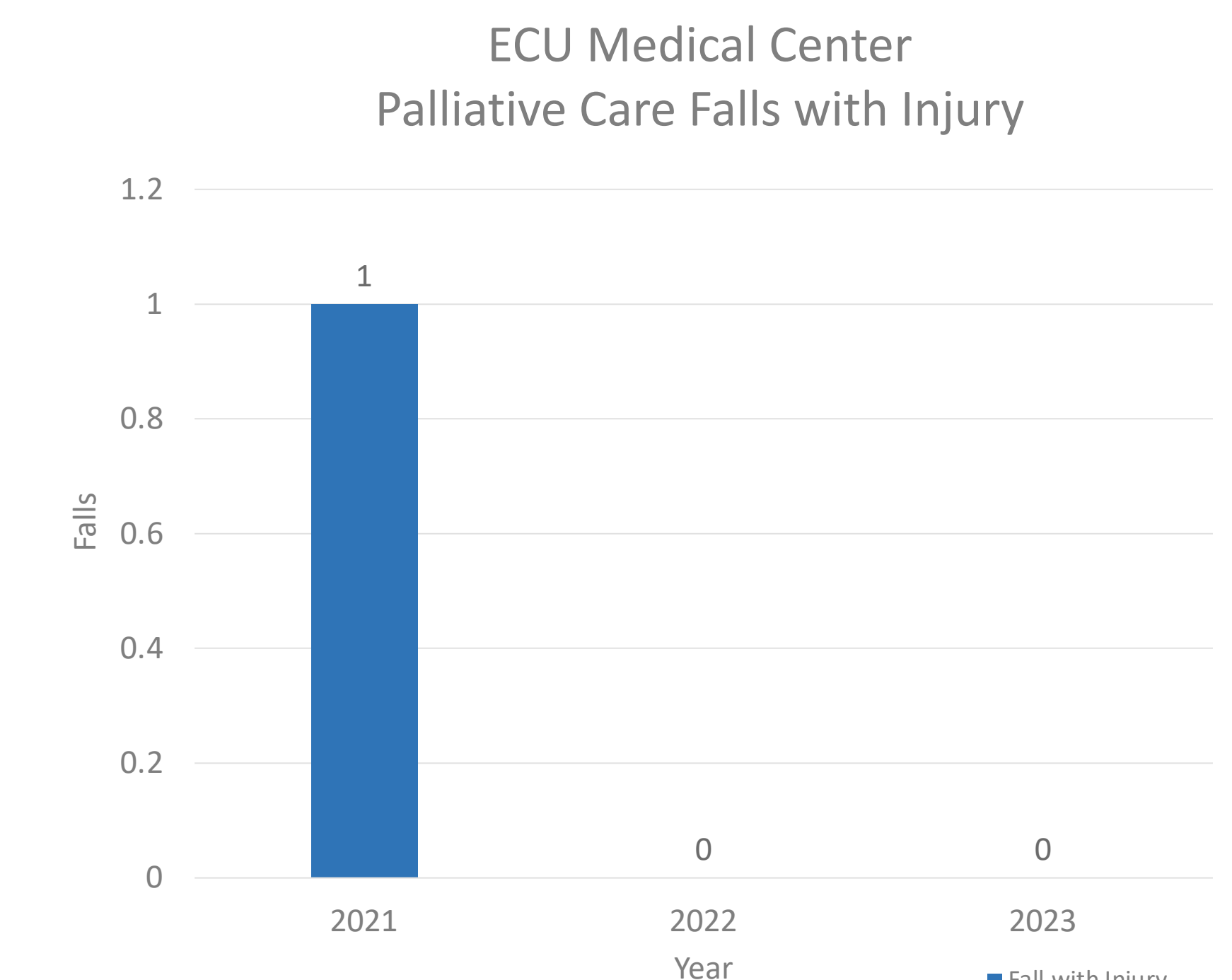
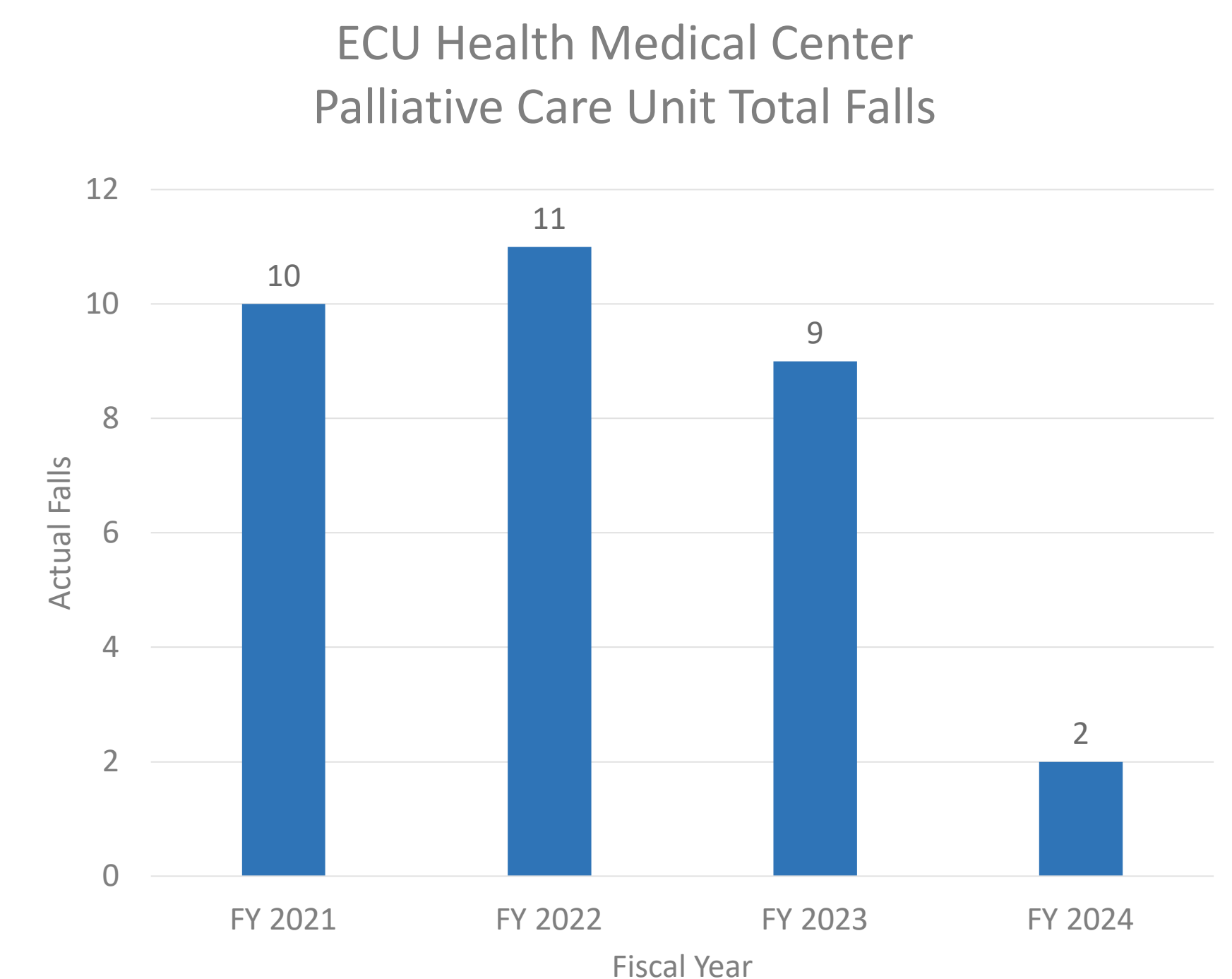


Lessons Learned

Allowing team members to cultivate new ideas from evidence-based practice can positively impact patient care and decrease events of harm.

Project Overview

- Palliative Care Unit (PCU) is a 24-bed unit that specializes in palliative and hospice care patients and general medicine.
- During fiscal year (FY) 2021, palliative care had a fall with harm which caused our falls quality team to revamp falls safety measures on the unit.
- The falls quality lead initiated a “heavy” kit to be placed in each patient room containing items related to ECU Health falls bundle, yellow socks, gait belt and chair alarm.
- Education was given to team members and visitors on falls precautions, heavy kits along with signing in rooms from the quality team regarding call before you fall.



References

- Cochran, L., & Foley, P. (2022). Pursuing zero harm from patient falls. *Nursing Management*, 53(11), 24–33. <https://doi.org/10.1097/01.numa.0000891464.12616.70>
- Louise Forrow, H., Lhussier, M., Scott, J., & Atkinson, J. (2022). Why patients in specialist palliative care in-patient settings are at high risk of falls and falls-related harm: A realist synthesis. *Palliative Medicine*, 36(10), 1469–1482. <https://doi.org/10.1177/02692163221127808>
- Wilson, M.-A., Hacker Teper, M., Sinno, M., Kohlberger, K., Nuseir, D., Chan, A., Palomera-Dinglasan, K., Leon, L., Donaldson, D., & Taher, A. (2022). Designing and implementing

Acknowledgments

April W. Meeks, BSN, RN, PCCN
ECUHCMC, Office of Quality
ECUHCMC Center for Learning Performance

Read these instructions first.

Designing your poster

1. **Select** the proper poster branding by choosing an approved option from “slide layout” and *delete the remaining slides*.
2. **Fill in** all of your information, and be sure to only use the colors that are included in the template’s color theme. **Do not** change the size, style or placement of the elements in the top title bar.
3. **Helpful Tips:**
 - Allow for enough space between different elements of presentation. Crowding information makes it more difficult for the viewer to read.
 - Use a logical reading arrangement, organizing from top to bottom of each column, reading from left to right.
 - Highlight the more important information by size, position and color.
 - Avoid cluttering your poster with unnecessary elements, clip art, too many words and/or distracting image effects.
 - Do not copy and paste screenshots of charts. All charts need to be high resolution in order to print clearly. Insert a PNG, JPEG or a PDF.
4. **Review** your work—and ask a colleague to do the same—to check for spelling and grammar errors before submitting for consideration.
5. **Ask your leadership** to review and approve your poster. Posters will not be produced without a team member’s leadership approval.

Printing your poster

1. Posters must be submitted via our standard Creative Services inquiry and review process for consideration. Please use this [form](#) to initiate the process.
2. Posters will not be produced without a team member’s leadership approval. Depending on the nature of the content included, ECU Health Marketing & Communications may require additional leadership review and approval before committing to creative support.
3. All requestors must provide a minimum of two weeks lead time for all poster submissions to be reviewed, finalized, approved and produced.
4. Please note submissions for creative support are not a guarantee of production and delivery.

A member of the ECU Health Marketing and Communications team will contact you to coordinate pickup time and location.