



It's Not OK to Fall: A Pilot Project- Interventions Tailored to Meet Each Resident's Needs

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Fran & Earl Ziegler College of Nursing



Civil Money Penalty
Reinvestment Network

Elevate Care

IT'S NOT OK TO FALL



OKLAHOMA STATE DEPARTMENT OF HEALTH - CREATING A STATE OF HEALTH - WWW.HEALTH.OK.GOV

Fall Statistics

- Approximately 1/3 of community-dwelling adults over 65 fall each year
- Increases to 50% for over 80 years old
- Nearly 50% of residents in LTC settings fall within first 12 months
- Oklahoma 47th for falls with major injury at the start of the program
- Often result in need for higher level of care



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Impact of Falls

- Leading cause of death due to injury among older adults
- Most common cause of nonfatal injuries and hospital admissions for trauma in the older adult
- Fear of falling
- Restriction in ADLs
- Increased medical cost- **\$35 billion dollars** direct medical costs



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Program Objectives

- Reduce the rate of falls with major injury from 5.3% in September 2014 to 3.0% in June 2019
- Improve physical, mental, social and emotional well being as well as functioning of residents in nursing homes



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History of Project

- 2015 Governor's Healthy Aging Summit
- Long Term Care Facility Advisory Board Ad hoc committee
- Fall Prevention Program: "It's Not OK to Fall"
- Collaboration OSDH & OUHSC Fran and Earl Ziegler College of Nursing



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Project Overview

- Facility fall team
- Staff education
- Town hall meetings/Resident and Family Council
- Mentor(s)
- Newsletters
- 6 to12 week program
- **Three Things (Hydration, Strengthening, Sleep at Night)**



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Project Components

- Assessments
- Person-centered care
- Culture change
 - Team Building
 - Learning Circles
- Mobility and Strength
 - Increase exercise
 - Tai Chi



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Assessment

- Interdisciplinary approach to fall prevention
- Evidence-based instruments
- Comprehensive fall risk assessment
- Post-fall assessment
- Environmental assessment



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Person Centered Care

- Using individualized assessment to develop person-centered care plans
- Moving beyond “canned” care plans, working specifically with licensed personnel
- Incorporating resident “voice and choice”



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Culture Change

- Wake/sleep times determined by resident
- Hydration
- Expanded meal times
- Personal alarm reduction
- No overhead paging/silent call system
- Reduce night time noise
- Promote Sleep hygiene and toileting



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Mobility and Strength

- Tai Chi
- Individualized activities and exercise
- Squats and toileting
- Consulting with Physical Medicine
- Device fitting
 - Wheelchair/walker



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Outcome Measures

- Overall falls
 - Number of Residents who fell
 - Number of Residents who fell repeatedly
- Falls with major injury

Measured at baseline, end of 12-week, and 90 days post

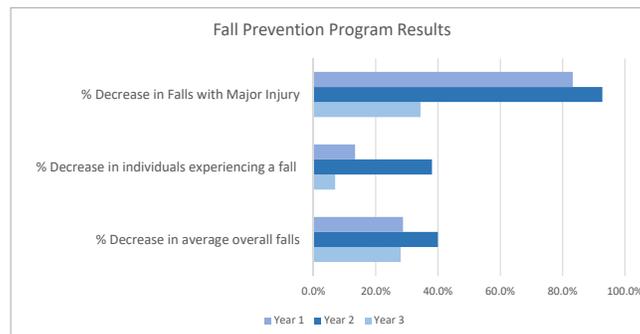
Recruitment Results

- Year 1
 - 3 out of 5 recruited facilities completed the program and supplied data
 - 1 facility completed all but the final presentation
- Year 2
 - 13 out of 24 recruited facilities completed the program
 - 7 out of the 13 facilities supplied data
- Year 3
 - 19 out of 25 recruited facilities completed the program and supplied data
 - 1 facility completed all but the final presentation
 - 3 facilities completed the program with incomplete data

“It’s Not OK to Fall” Program Results

- Year 1: 3 facilities
 - Overall falls decreased from average of 29.85% to 21.26%
 - Percentage of people who experienced a fall decreased from 20.1% to 17.4%
 - Falls with major injury decreased from average of 3.2% to 0.53% (83.3% decrease)
- Year 2: 7 facilities
 - Overall falls decreased from average of 36.60% to 21.97%
 - Percentage of people who experienced a fall decreased from 22.98% to 14.23%
 - Falls with major injury decreased from average of 0.97% to 0.20% (92.8% average decrease)
- Year 3: 19 facilities
 - Overall falls decreased from average of 28.80% to 20.74%
 - Percentage of people who experienced a fall decreased from 16.96% to 15.78%
 - Falls with major injury decreased by average 34.4%

“It’s Not OK to Fall” Program Results



Lessons Learned

- Strengths

- Incorporation of experienced APRN into program
- Availability of experienced, knowledgeable, consistent OU College of Nursing staff at each facility
- Targeted intervention approach
- Formation and continuation of a Facility Falls Team in each facility
- Masters in Public Health student review of the program



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Lessons Learned, continued

- Improvements

- Added MDS education to the project
- Post Program staff satisfaction surveys
- PDSA and Learning Circle emphasis improved
- Development and presentation of a “Toolkit” at the end of the program
- Pre-surveys for Administrators and MDS Coordinators for assessment
- Worked with OSDH for answers to facilities turnover in leadership and staff and communication within the facilities team
- The It’s Not OK to Fall program is only as strong as the team members/mentors



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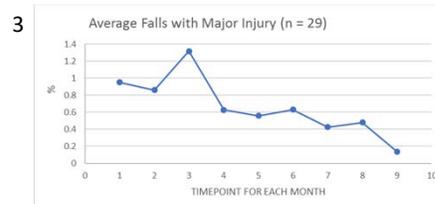
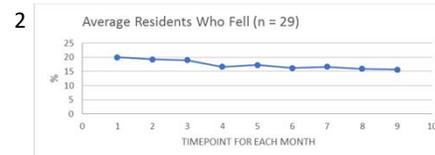
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Ongoing CMP Funded Projects

- “It’s Not OK to Fall” Program extension
 - Start date: August 1, 2018
 - Timeframe: 3 years
 - Goals:
 - Incorporate lessons learned from original Fall Prevention Program
 - Reduce program variability
 - Increase program completion rate
 - Ensure program sustainability

- Long Term Care Leadership Academy (LTCLA)
 - Start date: August 1, 2018
 - Timeframe: 14 months
 - Pilot: 12 nursing homes will be provided leadership training in teamwork among other responsibilities, culminating in a culture change project in the participant’s workplace
 - Goals:
 - Strengthen leadership skills
 - Reduce leadership turnover
 - Improve resident experience
 - Increase retention of all staff members

“It’s Not OK to Fall”: Results From the Pilot



Next Steps

- “It’s Not OK to Fall” Program formal paper currently under development
- Program sustainment efforts

Thank You!

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Project Team

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MDS 3.0 QM Standards Falls w/Maj Injury (L) Observed Percentage by State/Region/Nation		
MP ending Dec-2018	Region/State	Observed %
National		3.37
Region	1	3.81
Region	2	2.74
Region	3	3.34
Region	4	3.27
Region	5	3.57
Region	6	3.73
Region	7	4.23
Region	8	4.63
Region	9	2.03
Region	10	3.07
State	AK	3.35
State	AL	3.62
State	AR	4.09
State	AZ	2.82
State	CA	1.91
State	CO	3.88
State	CT	3.46
State	DC	1.34
State	DE	3.88
State	FL	2.77
State	GA	3.21
State	HI	2.42
State	IA	3.90
State	ID	3.25
State	IL	3.13
State	IN	4.10
State	KS	4.65
State	KY	4.16
State	LA	3.66
State	MA	3.60
State	MD	2.57
State	ME	4.75
State	MI	3.29
State	MN	4.25
State	MO	4.19
State	MS	3.04
State	MT	4.96
State	NC	3.55
State	ND	5.81
State	NE	4.43
State	NH	4.77
State	NJ	2.54
State	NM	4.01
State	NV	2.73
State	NY	2.82
State	OH	3.54
State	OK	4.88
State	OR	2.98
State	PA	3.41
State	PR	0.00
State	RI	4.15
State	SC	3.05
State	SD	5.31
State	TN	3.47
State	TX	3.44
State	UT	3.84
State	VA	3.44
State	VT	4.22
State	WA	3.04
State	WI	3.72
State	WV	4.61
State	WY	6.06

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