Background
Falls are common and often devastating, causing a tremendous amount of morbidity, mortality and premature death. Patients injured from falls incur increased hospital stays and treatment costs. As a rehabilitation hospital with the goal of maximizing patients’ independence, HealthSouth Colorado Springs ranks consistently below other hospitals’ fall rates. Fall prevention is a critical component of our patient safety strategy.

Purpose
• Improve patients’ quality of care
• Implement preventive measures utilized to decrease fall rate
• Reeducate all staff in speedy call light responses
• Create an environment of trust, responsiveness, courtesy and individualized care

Methods
• A team was founded in the fourth quarter of 2011 that includes the CNO, director of risk management and frontline staff members.
• The team reviewed literature and current evidence-based practice research to determine best practices for fall prevention.
• No Pass Zone education and guidelines were created on an online education platform for all staff.
• Training was given to all staff and patients.
• The No Pass Zone was put into effect in March 2012.

Guidelines
• All staff is permitted to respond to flashing white call lights.
• Only clinical staff responds to red flashing call lights.
• Therapy staff may assist nursing staff or vice-versa if they are actively treating a patient when a red light begins flashing.
• Non-clinical staff may alert clinical staff in response to red flashing lights.
• Be aware of NPO signs above the head of the patient’s bed and restriction signs on the communication boards.
• Prioritize patient’s needs.
• Non-clinical staff does not respond to call lights for patients in isolation rooms, but can ask clinical staff for help.

Results
• Before the implementation of the No Pass Zone in 2011, the fall rate in the first quarter was 14.5, which drastically decreased to 7.8 in 2013; almost a half reduction in fall rate.
• Data indicates that patients fall as a result of specific needs being unmet. With the implementation of the No Pass Zone, some of those needs were met.
• The culture of responsibility promotes safety throughout the hospital.

Conclusion
• The No Pass Zone implementation resulted in decreases in the hospital fall rates.
• Incorporating a No Pass Zone into fall prevention is an integral part of interdisciplinary approach to reduce falls.
• Responsiveness to patients’ needs was improved by empowering all staff to answer patient call lights.
• Overall, this method undoubtedly helped reduce accidental falls.

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References

Results
No Pass Zone: A Hospital-Wide Approach to Falls
HealthSouth Rehabilitation Hospital of Colorado Springs
Immaculate Anyanwu, RN, CRRN®