

No Pass Zone: A Hospital-Wide Approach to Falls

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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

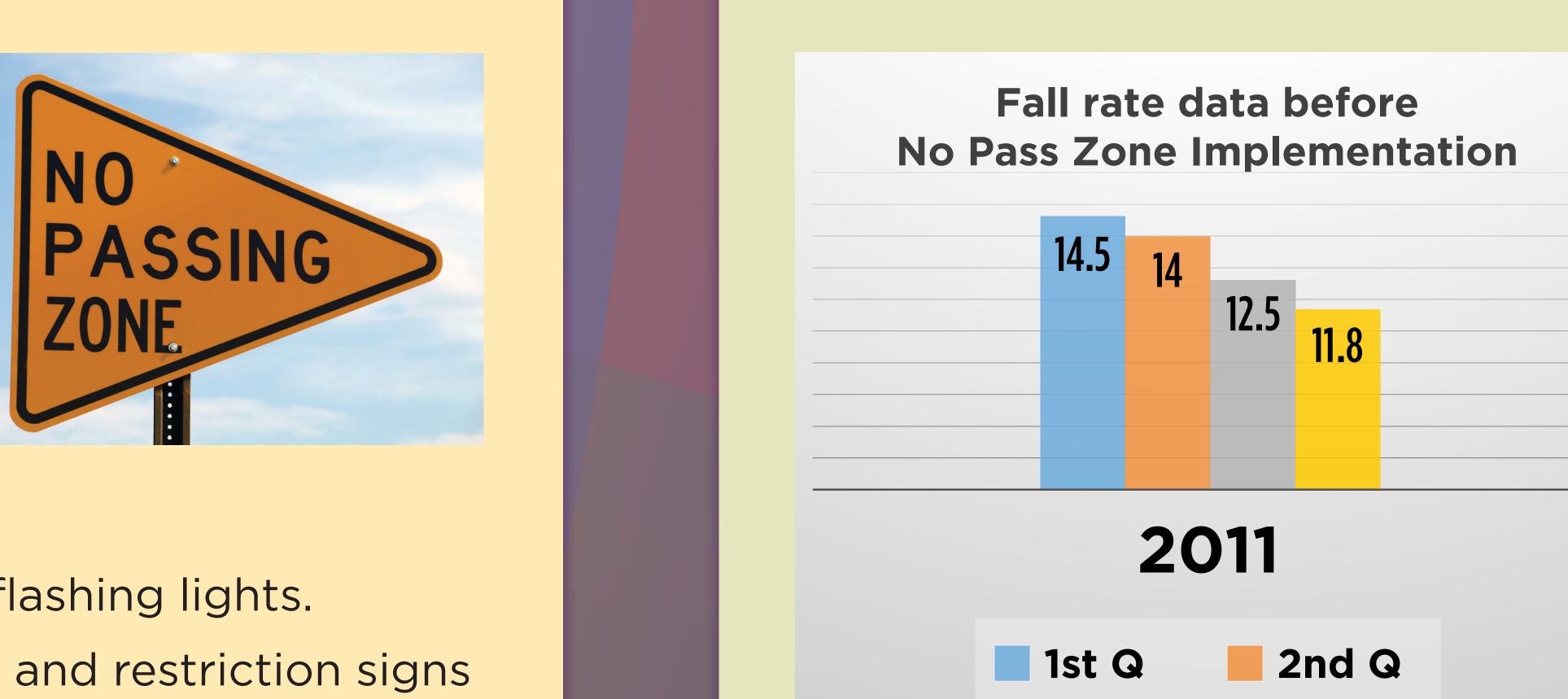
- A team was founded in the fourth quarter of 2011 that includes the CNO, director of risk management and frontline staff members.
- The team reviewed literature and current evidence-based practice research to determine best practices for fall prevention.
- No Pass Zone education and guidelines were 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.

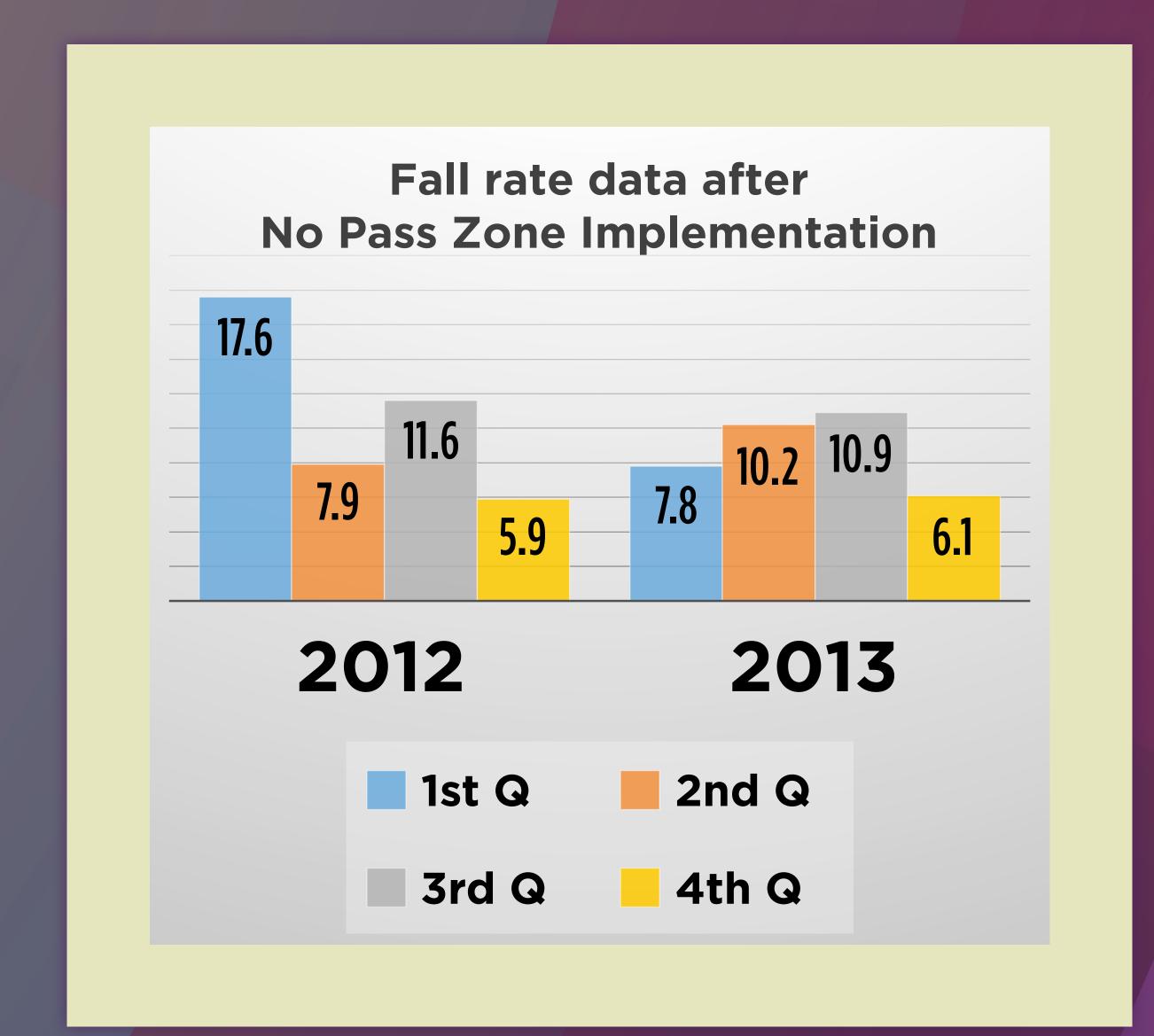
Guidelines

- 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 vise-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.
- A culture of responsibility promotes safety throughout the hospital.





3rd Q

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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.

Acknowledgements

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References

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