

This is an informational monograph to help introduce the *NCPS Falls Toolkit* to Patient Safety Managers and others within and outside of the Veterans Administration.

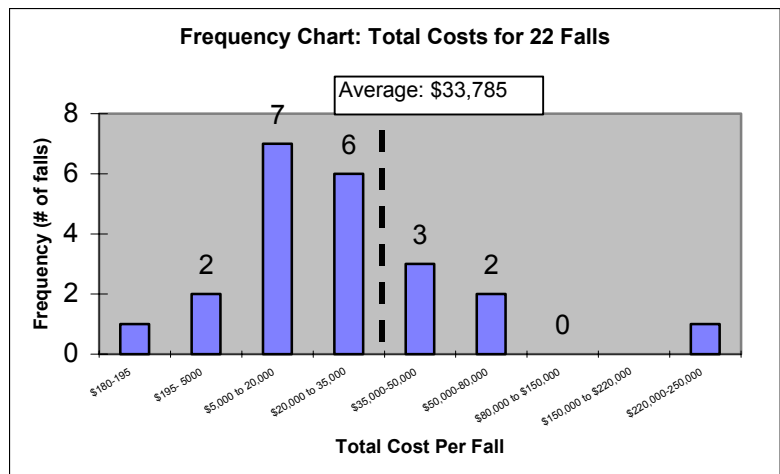
This informational package covers the following information:

- Background information on falls
- The reason and method of the development of the *Falls Toolkit*
- The information and resources inside the *Falls Toolkit*, and
- How to use the *Falls Toolkit*

Background Information on Falls

Falls among the elderly are an important and timely issue. According to the Centers for Disease Control, National Center for Injury Prevention and Control, Falls are the leading cause of death due to injury for people aged 65 years and older (NCIPC, 2002). Each year, 75% of nursing home residents are expected to fall (Rubenstein, 1994). With 17 to 32% mortality, hip fractures are one of the most serious consequences of falls among the elderly (Kannis, et al. 2003). Studies have estimated that there will be 500,000 hip fractures per year 2040 (Cooper 1992, Brainsky 1997).

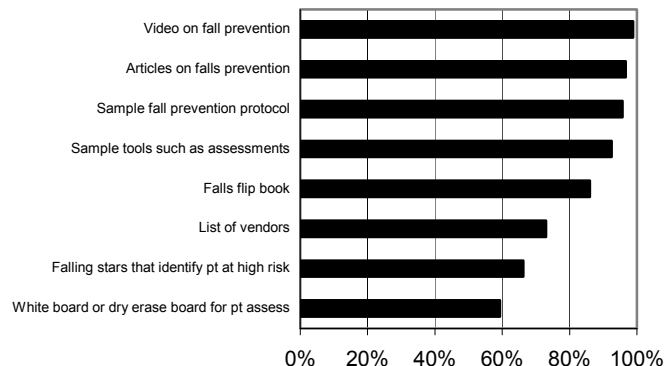
The financial impact of falls can be substantial. At a Patient Safety 202 training provided by NCPS, Patient Safety Managers were asked to provide DSS cost information for one of three types of adverse events, one of which was falls. Twenty-two facilities provided information regarding the cost of falls with injury. The average cost of a fall with injury was \$33,785, with a range between \$180 and \$240,000.



Reason & Method of Development of the Falls Toolkit

In 2003, falls represented nearly 47% of all Safety Reports and aggregated events in the NCPS SPOT database. As of March 2004, falls represented 11% of Root Cause Analyses occurring in calendar year 2003.

To confirm the need for the falls toolkit, the Falls Aggregate Review survey of Patient Safety Managers included a question about the toolkit. The question asked what information or resources Patient Safety Managers would like to see included. This information was drawn upon in creating the toolkit.



In an effort to ensure that the Falls Toolkit would be useful, NCPS beta-tested the toolkit with 8 facilities and one subject matter expert. The facilities were asked to review the contents of the toolkit for a month and complete a survey. The facilities found the toolkit useful, practical and

easy to understand. Additionally, based on the feedback from the facilities and the subject matter expert, NCPS added articles to the annotated resource list, changed the format of the toolkit, modified the videos, and added sections.

Inside the Falls Toolkit

The Falls Toolkit is a box set containing a notebook and a media box.


The Falls Toolkit Notebook

The notebook is a three ring binder containing 11 tabbed sections. The inside cover of the binder includes a CD-ROM of the falls toolkit website, a Morse Fall Scale Pocket Card, two tri-fold brochures and three 8 ½” by 11” posters and fliers. At the front of the binder is a letter from Dr. Bagian. The 11 tabbed sections are as follows:

- Contents - contains the locations of all the resources available in the toolkit
- Instructions - how to use the toolkit
- Background - general information on falls and fall prevention
- Falls Team - how to develop an interdisciplinary falls team
- Falls Policy - what should be in a comprehensive fall prevention policy and an example policy
- Interventions - interventions to reduce the number of falls and the injuries related to falls
- Measuring Success - tools to measure the improvement in falls and injuries due to the interventions
- Resources - additional articles and resources categorized by topic
- Video 1 - resources for the video: Performing a Balance Assessment (Audience: Rehabilitation Therapists)
- Video 2 - resources for the video: Hip Protectors in an Inpatient Setting (Audience: Caregivers)
- Video 3 - resources for the video: Protecting your hips with hip protectors (Audience: Patients)

The CD-ROM of the website contains all the information in the toolkit with the exception of the videos. Additionally, the CD-ROM and website contain resources that are not printed in the toolkit, such as the Educational Resource Guide and the Technology Assessment Guide.

Falls Toolkit Website



National Center for Patient Safety 2004 Falls Toolkit

Falls are one of the most common adverse events in hospitals.

Many facilities are working to find ways to reduce the number of falls as well as the severity of the falls that do occur. In an effort to help facilities, we created the Falls Toolkit.

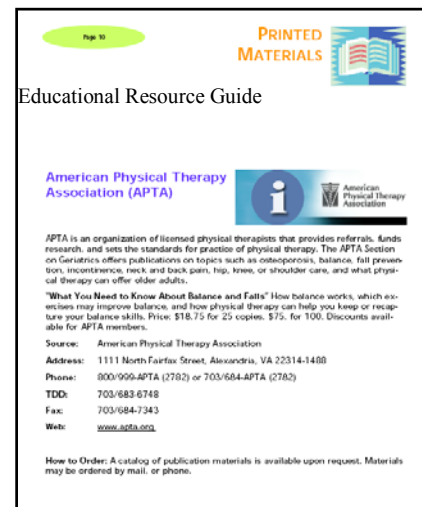
The Falls Toolkit provides information on:

- Designing a falls prevention and management program
- Effective interventions for high-risk fall patients
- Implementing hip protectors for high-risk fall patients
- Educating patients, families and staff on falls and fall-injury prevention

The web edition of the Falls Toolkit includes:

Falls Notebook	Media Tools	Resources	Contact Us
The complete Falls Notebook in PDF and MS Word format for easy viewing and downloading.	Posters, fliers, and button designs to promote fall-injury prevention.	Educational materials and links to helpful web sites.	Support for your questions and feedback concerning the toolkit.

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PRINTED MATERIALS

Educational Resource Guide

American Physical Therapy Association (APTA)

APTA is an organization of licensed physical therapists that provides referrals, funds research, and sets the standards for practice of physical therapy. The APTA Section on Geriatrics offers publications on topics such as osteoporosis, balance, fall prevention, incontinence, neck and back pain, hip, knee, or shoulder care, and what physical therapy can offer older adults.

"What You Need to Know About Balance and Falls" How balance works, which exercises may improve balance, and how physical therapy can help you keep or recapture your balance skills. Price: \$18.75 for 25 copies, \$75. for 100. Discounts available for APTA members.

Source: American Physical Therapy Association
 Address: 1111 North Fairfax Street, Alexandria, VA 22314-1400
 Phone: 800/999-APTA (2782) or 703/684-APTA (2782)
 TDD: 703-683-6748
 Fax: 703-684-7343
 Web: www.apta.org

How to Order: A catalog of publication materials is available upon request. Materials may be ordered by mail, or phone.

The Falls Toolkit Media Box

The media box is a Velcro fastened box that contains three 11" by 17" posters, three video CDs each containing one of the videos mentioned above, 1 VHS tape containing all three videos and a small box containing two styles of sample buttons for identifying falls prevention advocates or resources on units or shifts.

The Falls Toolkit Website

The Falls Toolkit website contains all the printed information and tools available on the website and some additional materials such as the Technology Assessment Guide and the Educational Resource Guide. In addition, the website will be updated annually as new research becomes available. The website is available at:

www.ncps.med.va.gov/falls_toolkit and www.patientsafety.gov.

The website is organized into five sections:

Getting Started - contains orientation materials for the Falls Toolkit

The Notebook - contains PDF and Word versions of the information in the notebook

Media Tools - contains PDF versions of the posters, fliers, brochures, button designs.

Resources - contains PDF and Word versions of the additional resources (Technology Assessment Guide and Educational Resource Guide *see page 2*), PowerPoint presentations, Excel files, button designs and links to relevant websites.

Contact Information - provides information on how to contact NCPS for more information, questions or comments.



Distribution Plan

Each Patient Safety Manager will receive two copies of the Falls Toolkit. Additionally, 3 copies will be sent to each VISN Patient Safety Officer. Materials will also be on the NCPS internet and intranet websites.

Using the Falls Toolkit

The purpose of the Falls Toolkit is to aid facilities in creating and improving comprehensive falls prevention programs. A facility-wide falls team should use the toolkit so that interventions can



The Falls Toolkit: An Introduction

be coordinated across disciplines and care areas. The Aggregated Review Team for falls can use the toolkit to analyze the data collected as part of the root cause analysis and develop actions and outcome measures to reduce falls and fall-related injuries.

The Falls Toolkit can aid facilities in creating an interdisciplinary falls team for reviewing high fall-risk patients and implement interventions to reduce their risk. The team can use the falls toolkit to implement facility-wide interventions to reduce the risk of falls. Front-line care staff can use the toolkit to implement evidence-based interventions based on fall-risk or a patient's areas of risk.

Contacting the VA National Center for Patient Safety

If you have questions or comments about the Falls Toolkit, you can contact Amelia Landesman or Erik Stalhandske. They can be reached by phone at (734) 930-5890 or by email at Amelia.Landesman@med.va.gov or Erik.Stalhandske@med.va.gov.