

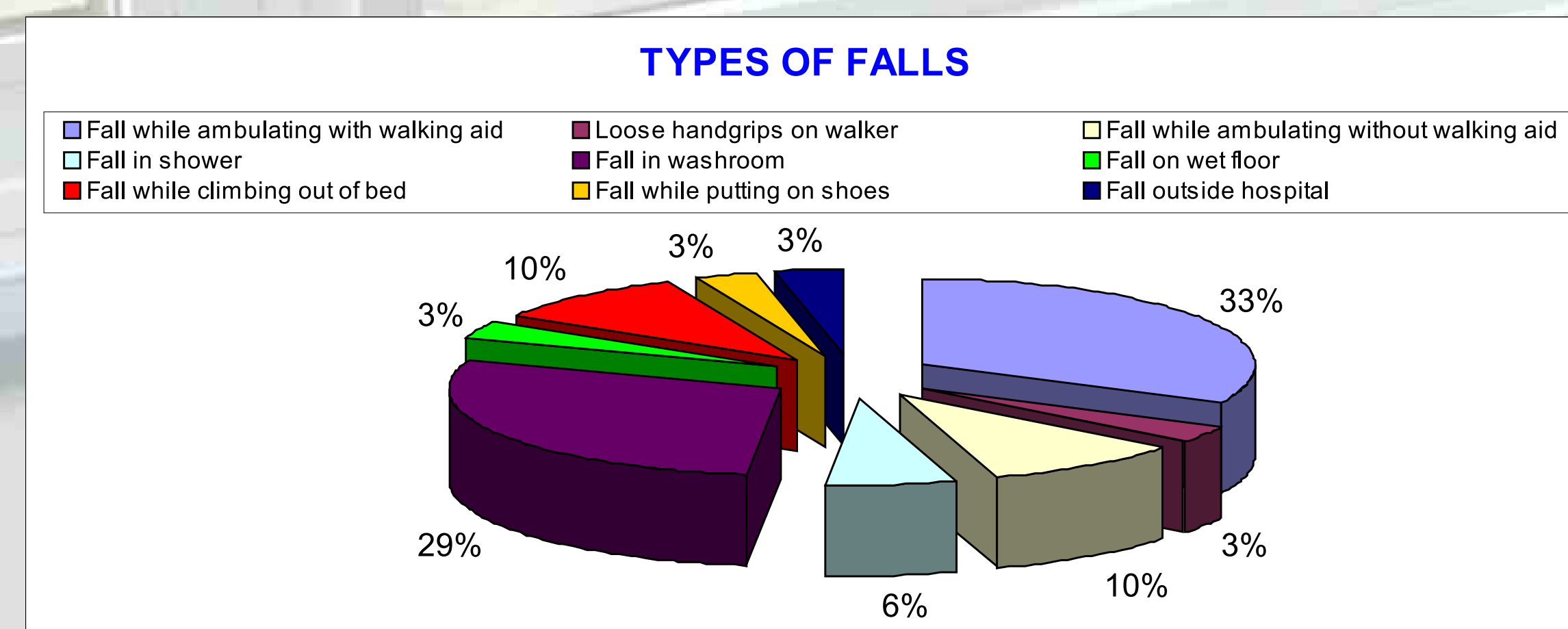
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PATIENT POPULATION & SETTING

The Holland Orthopaedic & Arthritic Centre of Sunnybrook is the largest elective total hip and knee replacement program in Ontario.

SAFETY ISSUE

- ✓ Our chart and fall incident audit showed that the majority of patients fell while in the bathroom or in the shower, or while ambulating to or from the bathroom
- ✓ Our patients are at a high risk for falls due to impaired mobility, the use of a walking aid and early independent mobilization after surgery
- ✓ Falls have significant post surgical implications



INITIATIVE: THE FALLS PREVENTION TIPS POSTER

- ✓ Outlines simple tips to follow geared towards patients and families
- ✓ Tips were selected from a number of strategies to address the specific needs of this setting
- ✓ Posters were placed in all showers, and at each bedside (where most of the falls occurred)

Fall Prevention Tips

For After Your Surgery

It is important to perform daily activities safely. These simple tips can help you prevent a fall:

Call for assistance

If you feel unsteady or dizzy, call for assistance. Safety is a priority and staff members are here to help you!

Always use your walking aid

Do not grab onto furniture or risk a step without your walking aid. It only takes one step to fall.

Take your time!

Rushing to go to the toilet or to answer the phone is dangerous. Give yourself time to reach your destination. Nothing is more urgent than your safety!

Sit down while getting dressed

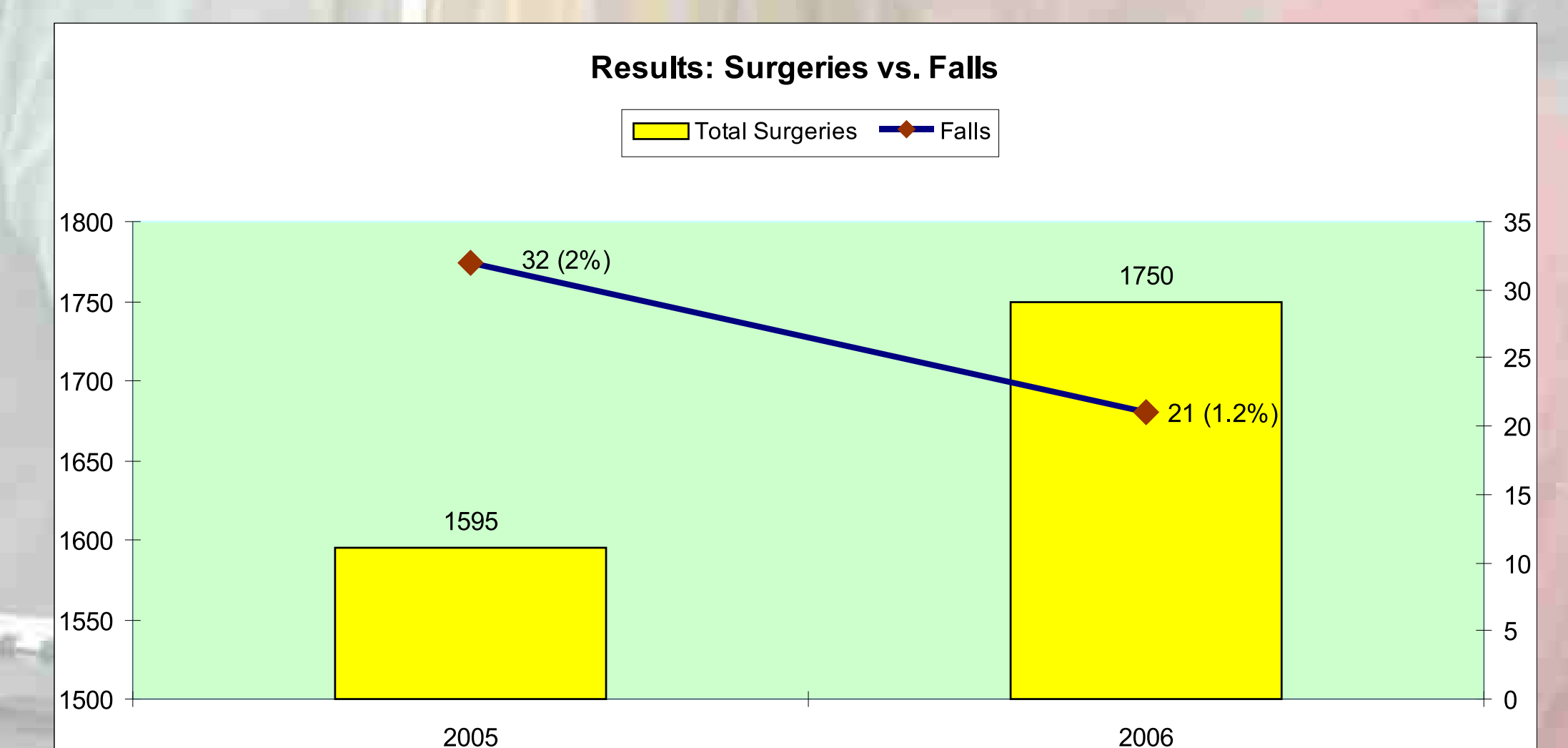
Whether you are in your room or in the shower, make sure you are sitting down to put on pants, socks and shoes.

Contact your Occupational Therapist, Physiotherapist, Nurse, or Pharmacist for more information about fall prevention strategies.

Holland Centre Fall Prevention Committee

RESULTS

- ✓ With this initiative, the number of in-patient falls has decreased from 2% to 1.2%
- ✓ Easy to sustain this initiative as physical and human resources needs are minimal



LESSONS LEARNED

- ✓ Discovery that most patient falls occurred within one's own environment (i.e., within the room, bathroom or shower)
- ✓ The need to address falls on in-patient floors, not just post discharge
- ✓ Additional fall prevention strategies and best practices may have also influenced the decrease in our fall incident rate

FUTURE PLANS

- ✓ Continue to collect fall incident data
- ✓ Review of toileting routines
- ✓ Continue patient and staff education through multiple mediums
- ✓ Address improper footwear as a potential falls risk factor