HRET HIIN Hot Topic: Falls

July 31, 2019
11:00 a.m. – 12:00 p.m. CT
WELCOME AND INTRODUCTIONS

Radhika Parekh, MHA
Performance Improvement Coach, HRET
AGENDA

- Welcome and Introductions
- Today’s Purpose
- Operational Details from Panelist Hospital
- Overcoming Challenges and Accelerating Adoption: Strategies from the Field
- Call to Action
- Resources
- Bring it Home
Your HRET HIIN Falls Team

Radhika Parekh, MHA  
*Performance Improvement Coach*  
HRET

Jackie Conrad, RN, BS, MBA  
*Improvement Advisor*  
Cynosure

Kim Werkmeister, RN, BA, CPHQ, CPPS  
*Improvement Advisor*  
Cynosure
Poll Question

Who is in the room?

a) Quality Leaders
b) Nurse Leader
c) Bedside Nurse
d) Rehabilitation Team Member
e) Pharmacy Team Member
f) Patient Family Engagement Advisor
g) Other
Purpose

Jackie Conrad, RN, BS, MBA
Improvement Advisor, Cynosure
Why falls continue

- Over-reliance on a score
- Limited Mobility
- Delirium
- Falls
What is holding you back from getting on the mobility band wagon?

- Chat in your barriers, challenges.
- Any of these ingredients missing?
  - Will
  - Ideas
  - Execution
Today, together, we will Build Will. Share Ideas. Commit to Change.
For decades, bedrest has been linked to disability. As a 1944 article in *JAMA* explained, “The physician must always consider complete bed rest as a highly un-physiologic and definitely hazardous form of therapy, to be ordered only for specific indications and discontinued as early as possible” (1). Since then, a robust literature has demonstrated that bedrest leads to functional decline in hospitalized patients. In particular, those older than 65 years are at substantial risk: Approximately 1 in 3 have functional decline (loss of independence in activities of daily living [ADLs]) after hospitalization (2).
Why this matters

Your last 1000 days
Wellness Techs take Wellness Walks

Bed Size: 202
Pilot unit: 23 bed medical oncology
Mobilizer role: Wellness techs, Nurses, PT
Mobility Assessment Tool: Nursing judgement
Mobilizer Role Reporting structure: Rehab
Mobility Plan: in EHR
Mobility documentation: EHR
Hillcrest Medical Center

Encouraging Patients

Bed Size: 727
Pilot unit: 10 Tower Medical Surgical
Champion: Nurse Manager
Mobilizer role: unit techs, nurses help
Mobility Assessment: Modified Egress
Mobilizer Training: tech and nurses trained on sizing equip and safe mobility by PT.
Mobility plan communicated: Green Yellow Red shoes indicate mobility level and goals
Mobilization documentation: Centralized paper documentation of episodes
Medical West, AL

Restorative Mobility Program – eligible patients are up and out of bed performing ADLs and mobilizing
Bed Size: 305
Pilot unit: Medical Surgical
Champion: PT
Mobilizer Role: unit techs, rehab techs, nurses help
Mobility Assessment: Early Mobility Assessment Algorithm
Mobilizer Training: tech and nurses trained on safe mobility, body mechanics by PT and Nursing Ed.
Mobility plan communicated: EHR
Mobilization documentation: Part of daily routine safety rounds
Cozad Community Hospital

Sustained Culture of Mobility
Bed Size: 25 bed CAH
Champion: PT Leadership
Mobilizer Role: PT, OT for eligible patients, Nursing provides functional mobility and ADLs
Mobility Assessment: Rehab driven
Mobility plan communicated: Whiteboard, with support of PT, verbal PT to Nsg handoffs
Mobilization documentation: Whiteboard check boxes and therapy notes
Questions for the Panelists
Execution Challenges

- Changing expectations. Staff perception of increased workload
- Staffing
- Patient population specific: Bariatric, LTC, Behavioral
- Promoting teamwork, especially to support techs that are assigned mobilization
- What else?
Execution Accelerants

- Clear expectations. Leadership speaking with one voice.
- CNO or DON supports or is the champion
- Tapping into a graduate student’s project
- Treating mobility as a treatment
- Successful pilot reduces burden of care, decreased LOS
  - Engaged nurse leader
  - Physicians asking for spread
- What else?
Successful Pilot: Let’s Get Personal

- Patient population
  - Who is most vulnerable?
  - Do you have a special population to target for a daily routine that includes a mobility.
  - Who will be most likely to be harmed by immobility?

- Unit Selection
  - Engaged Nurse Leader, Techs and RN Champions
  - Test with one patient from admit to discharge

- Collect and Share Stories
More Questions for the Panelists
Next Steps

Jackie Conrad, RN, BS, MBA
Improvement Advisor, Cynosure

Radhika Parekh, MHA
Performance Improvement Coach, HRET
Join the Hospital Mobility Movement

Consider this call to action:

- What step will YOU take towards the Mobility Movement?
  - What barrier will you encounter?
  - What accelerant will promote success?
To keep our momentum going…..

- Please complete the **Post Evaluation** by Friday, August 9th
  - Available in the web links pod
  - Will also be sent to all participants

- Be part of something big. Take Action. Your patients are counting on you.
Mobility Resources to Get You Started

Mobility Assessments
- Banner Mobility Assessment Tool for Nurses (BMAT) video and Tool
- Timed Get up and Go Test
- Get Up and Go Test

Staff Training
- CAPTURE Falls mobility training videos, mobility tools

Mobility Change Package
- Project HELP Mobility Change Package – Staff training and competency checklists

Mobility Protocols and Resources
- Med Surg Mobility Protocol
- ICU Mobility Protocol
- Beach Chair Positioning Article

Patient and Family Engagement Resources
- Staying Active in Hospital - handout
- Teach Back Tool for Fall Prevention
- Lutheran Fall Questionnaire

Mobility Tracking Tools
- Mobility is Medicine Bedside Tracker
- Daily Mobility Patient Goal sign
- Let's Get Moving Bedside Mobility Tracker
- Walk of Fame Mobility Board – hallway board to make mobility visible

Environmental Safety
- Guide: Creating a Safe Environment to Prevent Toileting Related Injuries

Developing a Business Case for Mobility
Financial modeling for mobility program: Pub med link
Mobility is Medicine Bedside Tracker

Let's Get Moving Bedside Mobility Tracker

Daily Mobility Patient Goal Sign

Bedside Mobility Trackers
THANK YOU!