



## Bedfordshire Hospitals NHS Foundation Trust

### 1. Name of project and KPI targeted

KPI1 – multifactorial risk assessment (MFRA) quality score with a focus on lying/standing blood pressure (BP), medication review and mobility.

### 2. Short summary of the area you needed to address

As part of the falls improvement programme to reduce the number of falls within the Bedfordshire Hospitals NHS Foundation Trust, a 'focus on falls' month has been introduced to ward areas, based on the principles of falls risk assessment.

### 3. What did you want to achieve?

To reduce the risk and occurrence of patient falls by promoting initiatives on the wards.

### 4. Who was involved?

Initiatives were undertaken by the falls lead or a nominated staff member.

### 5. What did you do?

Week 1 – We ensured that every patient over 65 years old received a falls leaflet on admission and that falls placemats were distributed at mealtimes for all high-risk patients, as appropriate.



KPI 1

Week 2 – We ensured that every adult admitted patient had a lying/standing BP measured and recorded in relation to falls.

Week 3 – All patients over 65 years had a medication review in relation to falls and it was recorded.

Week 4 – Intentional rounding (IR) was in place and recorded throughout

night shifts and at identified high-risk times.

Within the programme there were reported daily quality falls rounds, undertaken by the falls lead or a nominated staff member, ensuring that:

- > the patient had suitable footwear and the on-call bell was within reach
- > the patient tray was within reach
- > a mobility aid was within reach if required
- > patients were dressed, if appropriate, before 11.30am
- > IR was in place for identified at-risk patients.

### 6. What was the outcome of your improvement work?

This initiative has improved numbers of falls in most areas in comparison to the previous 3-month falls rate. Additional initiatives that have been introduced include:

- > bed-rail posters / footwear poster, patient leaflets and falls bimonthly bulletins/communication
- > weekly reviews with the multidisciplinary team, highlighting high-risk areas
- > falls information station visits, with a quiz and prizes for staff.

### 7. What impact have the changes you implemented had on patient care?

Patient care has improved, as the risk of falling has decreased as a result of these initiatives.

### 8. Author's name and contact details and any links to more information about your improvement project

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