Interventions to reduce falls in long term facilities

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**Interventions to Reduce Falls in Long Term Facilities**

Introduction

Falls are one of the main challenges that healthcare organizations face daily. These falls may have adverse effects not only on the patients but also on the nurses and the health care facilities. They cause both emotional and physical pain and injuries to the patients involved and the members of the staff. Long-term facilities put in place various measures to help mitigate falls and risks associated with falls. This paper seeks to discuss these measures and how to improve the practice problem.

Practice Problem

One of the biggest challenges that nursing homes and other health care organizations are facing is the issue of falls. Quality improvement practice focuses on reducing risks associated with falls and promote healthcare in long-term facilities. In the United States of America, about 50% of all residents in nursing homes fall in one year. The most affected group of people is the elderly in society. Falls result in physical injuries, emotional pain and can also result in death. Unfortunately, around 2% of patients who fall in long-term facilities in the United States of America end up being disabled (Tricco, Thomas, Veroniki, Hamid, Cogo, Strifler & Straus, 2017).

Interventions to Reduce Falls in Long Term Facilities

There are various measures or interventions that long-term facilities are taking to help mitigate falls. One of them is issuing the patients with proper footwear, hip protectors, and helmets. This helps to reduce the impact of falling and reduces the probability of patient falling. The other intervention entails encouraging the patients to exercise enough with the aim of keeping their bodies fit and healthy.

The other intervention that most long-term facilities should take is giving the patients supplements to boost their immunity. These supplements are good for strengthening the bones and muscles. A good example is vitamin D supplements. It is also paramount for these facilities to have a review of drugs that the patients are taking to avoid intake of medicines that may contribute to patients falling (Woodhouse, Burton, Rana, Pang, Lister & Siddiqi, 2019).

The other measure entails adopting technologies that assist the patients in gaining stability and comfort while in beds and out of hospital beds while walking around the compound. These include the use of chair and bed alarms and low beds. This is crucial in reducing the number of falls, especially the ones that happen when patients are sleeping or resting on their beds.

The other intervention entails environmental measures to help maintain a conducive environment for the patients while in these long-term facilities. This entails making sure that the floor is well kept and not slippery to cause patients to slide, thus accelerating falls. These facilities should also come up with strategies to help them identify patients that have a high risk of failing.

Conclusion

In conclusion, therefore, falls in long-term facilities are a major issue not only in the United States of America but also in different facilities across the world. Falls result in both physical and emotional injuries not only to the patients but also to the facilities and the members of the staff. These facilities should take various measures such as setting bed alarms, identifying patients with high risks, provision of vitamin D supplements, and offer safety companions to patients to mitigate falls.

References

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