St Gemma’s Hospice is a large hospice in Yorkshire providing in-patient, day and community services to the people of Leeds and its environs. The In Patient Unit has 32 beds across 2 wards containing 4 four bed bays and 16 en suite side rooms.

In 2013, falls prevention was identified as a key Patient Safety objective – to ensure the Hospice meets the needs of patients with an increased risk of preventable falls.

This occurred after a small increase in the number of falls incidents over a quarter and was felt to be a timely opportunity to review our approach to these vulnerable patients. A review of evidence indicated the need for a coordinated evidence based falls pathway.

**Standards**

- All patients admitted to St. Gemma’s Hospice IPU will receive a falls risk assessment which is reviewed regularly.
- All patients with identified falls risks will receive a specialist multifactorial risk assessment including Falls Management Plans.
- All patients who sustain a fall will have a Post Fall Assessment by a registered nurse and a doctor.
- All staff will have the skills and knowledge to fully comply with the Falls Pathway.

**Actions**

- Multidisciplinary group formed to develop pathway for in patient unit.
- Current literature reviewed and evidence based Falls Pathway developed.
- Support documents developed to inform clinical reasoning when assessing the patient in the in patient environment.
- Falls Pathway education pack developed – staff trained face to face with on the ground clinical support and resource packs in the clinical areas.

**The Pathway**

- Initial Falls Risk Assessment completed within 24 hrs of admission.
- Multifactorial Falls Assessment and Management Plan completed within 24hrs to address any falls risks identified.
- Post Falls Assessment to be completed in the event of any fall.
- Medicines Guidance Sheet to support decision making.

**Progress**

- Pilot rolled out on both wards in January 2015 including a staged introduction.
- Education sessions offered to education sessions to nurses, health care assistants, doctors and therapists.
- Audit of pathway implementation completed in August 2015.

**Data**

<table>
<thead>
<tr>
<th></th>
<th>Number of IPU Admissions</th>
<th>Number of Falls</th>
<th>% of patients who fell</th>
</tr>
</thead>
<tbody>
<tr>
<td>2013 - 14</td>
<td>564</td>
<td>108</td>
<td>19%</td>
</tr>
<tr>
<td>April 2015 - July 15</td>
<td>300</td>
<td>35</td>
<td>12%</td>
</tr>
</tbody>
</table>

**Future**

- Development of membership of the Falls Group to ensure sign up and engagement of clinical staff.
- Revision and streamlining of documentation to improve quality and user friendliness.
- Further skills and knowledge for all clinical staff – this will be made a mandatory requirement.
- Plan implementation in Day Hospice – this will require a review of pathway to ensure it meets the need of this patient group.
- Robust assurance measures which are sustainable and meaningful.

**References**


For further information please contact
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