

A Program Evaluation: Fall Prevention Program at a Long-Term Care Facility

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Background: Falls and injuries related to falls are some of the most common events that cause considerable morbidity and mortality for older people. The purpose of this project was to evaluate the fall risk assessment and prevention tools currently used by a local long-term care facility (LTCF), identify the possible factors adherence to fall prevention protocol, and recommend improvement preventive measures to minimize patients' falls in a long-term care facility in Eastern Washington.

Local problem: In 2020 alone, there were 154 falls in the LTCF. The anonymous one-year fall data were analyzed and generated a line graph.

Methods: The CDC's theoretical framework for program evaluation was used to review the current LTCF fall prevention risk assessment protocol.

Intervention: Based on a SWOT assessment, staff survey, review of past falls, and review of the evidence, a revised fall program/protocol is currently being used at LTCF. Using the case study approach and open-ended questions assessed the nurses' process of fall assessment and effective intervention knowledge.

Results: The project results show that, besides barriers that can potentially prevent the implementation of fall prevention and risk assessment protocols, there is a knowledge gap among nurses at the LTCF on how to initiate appropriate interventions based on the score of fall prevention and risk assessment program.

Conclusion: Based on the findings, recommendations were developed for revising current fall prevention education materials and updating all relevant care providers and other employees on the study units about the changes to the fall prevention program.