



# FALL PREVENTION

ASSESSING THE 5P'S OF HOURLY  
ROUNDING

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# ARE FALLS REALLY A PROBLEM?

## Here are the facts...

- Each year between 700,000 and 1,000,000 people in the United States will fall in a hospital setting (Agency for Healthcare Research and Quality, 2013).
- A fall can result in injury including fractures, brain bleeds, lacerations, internal bleeds, and loss of self esteem.
- Research shows that close to 1/3 of falls can be prevented in the hospital (Agency for Healthcare Research and Quality, 2013).

# WHAT IS CONSIDERED A FALL?

- According to the Agency for Healthcare Research and Quality (2013), "a patient fall is defined as an unplanned descent to the floor with or without injury to a patient."
- A fall can be witnessed by a staff member or unwitnessed.
- A fall, in the hospital, can result from tripping, slipping, or placing oneself onto the floor.



# THE BIG CHALLENGES TO FALL PREVENTION...

- Each patient is unique and may require a higher level of attention to prevent falls.
- There are many hazards in the hospital that can increase risks for falls: equipment (SCDS, IV poles, items in room), new medications (cardiac medications and narcotics), surgery, increase in pain leading to weakness, illness/diagnosis. Fall prevention must be multifactorial in order to combat all of these hazards.
- “Fall prevention requires an interdisciplinary approach to care” (Agency for Healthcare Research and Quality, 2013).

# LET'S TAKE A LOOK AT VA MAINE'S APPROACH ON FALL PREVENTION

- Includes the patient and the whole care team in the fall prevention management.
- Team includes: **THE PATIENT**, nurses, nursing assistant, housekeeping, physical therapy, occupational therapy, doctors, dietary staff
- **Educate the patient and ensure the patient interacts in the plan to prevent falls.**
- Ensure that the patient understands the plan by using the teach-back method to assess the patients understanding

# 5 P'S OF HOURLY ROUNDING

- Hourly rounding is not something new. It was not created by myself or the Maine, VA. In fact many hospitals use this method but may not even realize it.
- Prior to really emphasizing our hourly rounding approach, we were already performing this method of fall prevention.
- So...If we were already doing it then you may ask why were we still having increased fall rates?
- The Truth...Once we realized that we needed to engage the patient in our prevention method our fall rates decreased.

# WHAT ARE THE 5 P'S

- The 5 P's of hourly rounding that we assess/ask the patient at the Maine VA are the following:
  - Are you having pain?
  - Do you need to potty/use the bathroom?
  - Do you have all your personal belongings within reach?
    - Do you need to be repositioned?
  - Are all your pumps and items in your room plugged in?

# BENEFITS OF THE 5P'S

- Ensure our patients are being checked on/assessed every hour.
- Promotes safe environment
- Increases time of nursing care spent at the bedside
- Decreases pressure ulcers and improves clinical outcomes
- "Builds the patient's trust" (Death, 2016).
- Decreases use of call lights
- "Increases patient satisfaction" (Death, 2016).

According to the Readiness Rounds Blog, Donald Death (2016) presents us with the following data:

1. Fall Reduction: Over 50%
2. Pressure ulcer Reeducation: 10%
3. Call light Reduction: 40%
4. Patient satisfaction typically improves over 10%



# FALL PREVENTION BROCHURE

- Engage the patient with educational materials that explain the method to prevent falls.
- Encourage the patient to ask questions and be a part of their plan of care.
- Fall prevention brochure is given to patients on admission. The nurse will educate the patient on the fall prevention brochure and use teach-back method to assess their understanding.
- Each oncoming RN during change of shift will emphasize the 5P's and the fall prevention brochure.

# Welcome to the VA Maine Healthcare System-Togus



It is our GOAL to provide the best care to our veterans while preventing falls during your stay with us

## 5 P's

Falls are a SERIOUS problem in healthcare. During your stay we will perform hourly rounding every hour to ask you the 5 P's

- ◆ Are you having any pain?
- ◆ Are you comfortable? Do you need to be repositioned?
- ◆ Do you need to potty/use the bathroom?
- ◆ Do you have all your possessions within reach?
- ◆ Are all your items in your room plugged in?

It is our duty to provide you with very good care. We want you to keep your independence during your stay with us. Keep in mind that being in a hospital with new medications, iv's connected, and compression devices on your legs can increase your chances of falling.

**WE ASK YOU TO RING YOUR CALL BELL  
FOR ASSISTANCE TO PREVENT FALLS.**



Should you feel as though staff members are not asking you the 5 P's every hour; please notify a staff member so this can be addressed.



**We want to provide you with the best care possible during your stay with us and that means hourly rounding to address all your needs. This will ensure your safety and prevention of injuries from falls!**

# 5 P FALL PREVENTION BROCHURE IMPLEMENTATION

The fall prevention brochure was implemented on one of our medical-surgical units in June of 2016. Prior to implementing this brochure our fall rates were 3-4 falls a month.

## Fall Rates with brochure implemented on 3 North (Medical-Surgical Unit)

June 2016: 1 Falls

July 2016: 2 Falls

August 2016: 1 Fall

September 2016: 4 Falls

October 2016: 2 Falls

November 2016: 1 Fall

December 2016: 2 Falls

January 2017: 1 Fall

# HOW ELSE CAN WE ENGAGE THE PATIENT?

- As a collaborative team, we created a fall prevention/5 P hourly rounding video for patients to view on admission to further engage patients in our fall prevention strategies.
- Our goal was to interact with our patients and ensure they are engaged in their education during their stay.
- The video incorporates multidisciplines to show that it takes more than just one nurse to prevent falls.

# 5 P HOURLY ROUNDING FALL PREVENTION VIDEO

- <https://youtu.be/JsTQwNTLJR4>

# WHAT IS THE NEXT STEP...

- Our next goal is to enroll this video on all of our acute care units at Maine VA.
- We will measure our fall rates and compare them to previous months fall rates to see if this video has an impact on our fall rates.

# REFERENCES

Agency for Healthcare Research and Quality. (2013, January 31). *Preventing Falls in Hospitals*.

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