

Falls Prevention Sprint

Introduction

Kansas hospitals that are ready to discover opportunities and test methods to help prevent falls with injury are invited to participate with the Kansas Healthcare Collaborative's HIIN Falls Prevention Sprint. This six-month sprint, conducted with [Jackie Conrad](#) and Betsy Lee, Cynosure Health, and other faculty, will kick off on October 24, 2018 and conclude March 21, 2019.

Why Join?

Become a part of a statewide learning community of peers who are committed to preventing falls. Objectives for this six-month sprint are to assist participating hospitals in:

- Identifying opportunities for PDSA improvement cycles through use of the HRET HIIN Falls Process Discovery Tool.
- Applying targeted strategies for involving patients and families in fall prevention, such as validating patient/family understanding and adopting or improving the post-fall huddle process.
- Engaging in the HRET HIIN Up Campaign by designing "Get Up" strategies for engaging front line staff in preventing injuries from falls and immobility.

Who Should Participate?

KHC HIIN hospitals actively seeking to prevent patient falls with injury and who are ready to identify gaps/opportunities and implement rapid PDSA cycles to test promising strategies.

Involve your mobility team, including those closest to the patient, those responsible for the environment, nursing leaders, quality and risk directors, physical therapy, pharmacy, and leadership. We also encourage your team to include patient/family advisor(s) who may be assisting in your hospital's falls prevention efforts.

How to Enroll?

There is no cost for Kansas hospitals participating in the KHC HIIN. Simply fill out the online enrollment form at: <https://www.surveymonkey.com/r/KHC-HIIN-Falls-Sprint>.

Questions?

Contact Michele Clark (mclark@khconline.org) or Chuck Duffield (cduffield@khconline.org) at the Kansas Healthcare Collaborative, (785) 235-0763.



(See other side for the Sprint Schedule)

Falls Prevention Sprint Schedule

Oct./Nov.	Sprint sign-up period
Oct. 24 Wednesday 10 to 11 a.m. CT	Session #1 – Introduction and kick-off webinar <ul style="list-style-type: none"> • Introduction to KHC HIIN Falls Prevention Sprint and the Falls Prevention Process Improvement Discovery Tool (Excel). • Creating a culture of mobility in our organization as a cross-cutting strategy to simplify and align our work. • <i>Sprint assignment: Hospitals briefly review 5-10 charts using the Discovery Tool, email completed tool to KHC by Nov. 15: info@khconline.org.</i> Recording: https://www.surveymonkey.com/r/KHC-FALLS-102418 Handout: https://www.khconline.org/files/HIIN/KHC-HIIN-webinar-handout-10242018.pdf
Nov. 30 Friday 10 to 11 a.m. CT	Session #2 – Hospital Learnings from Falls Process Improvement Discovery Tool <ul style="list-style-type: none"> • Hospitals share insights from using the Discovery Tool. • Review of developing a SMART aim statement and conducting PDSA cycles. • Review Top 10 Checklist for fall prevention. • Select one strategy to implement using PDSA. • <i>Sprint follow-up assignments:</i> <ul style="list-style-type: none"> ○ <i>Conduct up to five bedside observations.</i> ○ <i>Write a SMART aim statement.</i> ○ <i>Identify a test of change.</i> Pre-register: https://www.khconline.org/31-event-descriptions/418-khc-hiin-falls-sprint-11-30-18
Dec. 13 Thursday 10 to 11 a.m. CT	Session #3 – “Get Up” with Patient and Family Engagement <ul style="list-style-type: none"> • Hospitals share AIM Statements. • Discuss validating patient/family understanding. • <i>Sprint follow-up assignments:</i> <ul style="list-style-type: none"> ○ <i>Observe a bedside hand-off (up to five).</i> ○ <i>Conduct PDSA #1.</i>
Jan. 24 Thursday 10 to 11 a.m. CT	Session #4 – Conducting post-fall huddles <ul style="list-style-type: none"> • Hospitals share PDSA and observation learnings. • Discuss post-fall huddle practices (including patient/family when feasible). • <i>Sprint follow-up assignments:</i> <ul style="list-style-type: none"> ○ <i>Observe a post-fall huddle (up to five).</i> ○ <i>Conduct PDSA #2.</i>
Feb. 28 Thursday 10 to 11 a.m. CT	Session #5 – Additional strategies for preventing falls with injury <ul style="list-style-type: none"> • Hospitals share PDSA and observation learnings. • Discuss additional strategies and resources for preventing falls with injury. • <i>Sprint follow-up assignments:</i> <ul style="list-style-type: none"> ○ <i>Conduct PDSA #3.</i> ○ <i>Prepare a brief summary of your sprint experience and learnings.</i>
March 21 Thursday 10 to 11 a.m. CT	Session #6 – Celebration! <ul style="list-style-type: none"> • Hospitals share summaries of experience and learnings. • Next steps for hospitals.