

**Fall Prevention in the Hospital Setting: Literature Review**

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10/18/22

## **Fall Prevention in the Hospital Setting: Literature Review**

Falls have been one of the biggest problems within the hospital setting; although they have decreased throughout the years, they remain a significant problem. Hospitals have guidelines for fall prevention, but due to a lack of clarity, the prevention guidelines may add a cognitive burden to patient care and potentially increase patient risks (Houser, 2023). This study aims to show that falls are the most common event reported in hospital settings, and in most situations, the falls can be preventable.

## **Preventing Falls in Hospitalized Patients: State of the Science**

Hospitals have guidelines for fall prevention. These guidelines include identifying patients with a high risk for falling and using clinical judgment to decide which fall prevention strategies to reduce fall risk (LeLaurin & Shorr, 2019). Although with the growing continuous studies around fall prevention within the elderly community, these studies are not just generalized to the hospital environment (LeLaurin & Shorr, 2019). Most hospital patients have a wide arrange of acute and chronic illnesses, which may limit the judgment and mobility that patients must navigate within a new environment (LeLaurin & Shorr, 2019). In addition, staffing shortages and unit designs play a role in fall risks.

### **Key Points**

In this study, various methods are being looked at to see the best solution to help reduce fall reduction. For example, one study with the intervention of effect for fall prevention across historical studies was 0.77 (95% confidence interval = 0.5-1.18), and the intervention effect of

fall prevention in studies with controls from the research was 0.92 (95% confidence interval = 0.65-1.30) (LeLaurin & Shorr, 2019). All the tested studies showed that controlled studies had the best supporting evidence in aiding in reducing falls. This article did not provide a specific p-value for the specific studies. Due to multiple factors contributing to falls, multi-component interventions must be most effective in improving fall outcomes (LeLaurin & Shorr, 2019). One of the largest recently conducted studies in a hospital setting for fall prevention intervention took place in twenty-four wards in six Australian hospitals (LeLaurin & Shorr, 2019). Although the implementation was successful, the program intervention did not produce lower rates of falls or fall-related injuries (LeLaurin & Shorr, 2019). The studies were conducted in the hospital setting on a wide range of patients and tested the nurse's knowledge of fall prevention. Fall prevention studies include fall risk identification, bed alarms, sitters for high fall-risk patients, intention rounding every hour, patient education, environmental modifications, physical restraints, and non-slip socks.

### **Assumptions**

Based on the data provided, the authors believe multiple factors play a role in fall risk prevention. Therefore, the authors believe that it is essential for nurses to understand fall risk prevention and to educate patients on fall risk to provide overall safety for the patient while they are in the hospital (LeLaurin & Shorr, 2019). In addition, the researchers believe that ensuring the nurses are educated on fall risk prevention, making sure that each patient has a fall risk, and using various fall prevention methods, will continue to help decrease the number of falls (LeLaurin & Shorr, 2019).

**Deficit/Conclusion**

In conclusion, although falls are decreasing, there is still a significant patient safety problem with hospital falls (LeLaurin & Shorr, 2019). Based on the evidence of study within this article, it is essential that nurses recognize the importance of scoring a fall risk to each of their patients, then adhering to protocol and precautions and ensuring their patient is safe. Nurses taking the time to score their patients for fall risk will help reduce the number of falls by placing the correct precautions for patients and ensuring their overall safety. However, nurses not adhering to scoring patients as a fall risk will increase the likelihood of the patient falling trying to get out of bed. Depending on how high of a fall risk a patient is, if there is not a fall risk assigned to the patient, it may lead to the patient's death due to not having correct precautions in place.

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**Key Points**

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**Assumptions**

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### **Deficit/Conclusion**

Paragraph goes here discussing the conclusion of the article. Follow the MEAL paragraph formatting and use Grammarly.com. Do you accept the authors' line of reasoning? What are the implications for this article? If nursing fails to accept this line of reasoning, what would the implications be?

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### **Key Points**

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### **Assumptions**

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### **Deficit/Conclusion**

Paragraph goes here discussing the conclusion of the article. Follow the MEAL paragraph formatting and use Grammarly.com. Do you accept the authors' line of reasoning? What are the implications for this article? If nursing fails to accept this line of reasoning, what would the implications be?

### **Conclusion**

Write a conclusion here in your overall paper. Follow the MEAL paragraph formatting and use Grammarly.com. Provide a summary/conclusion of the analysis of all three articles.

Discuss how the information can improve:

- Patient outcomes
- Nursing practice
- Evidence-based practice/Quality Improvement efforts
- Healthcare as a whole

### References

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Houser, J. (2023). *Nursing research: Reading, using, and creating evidence* (5<sup>th</sup> ed.). Jones & Bartlett Learning.