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「Efforts to prevent trips and falls」what kind of techniques 技(waza)

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## 「Efforts to prevent trips and falls」 what kind of techniques 技 (w a z a)

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### 【Background and purpose】

There are various causes for trips and falls of hospitalized patients. At our hospital, we have implemented various measures to prevent trips and falls. Planning a nursing plan for risk level II or more using a trip and fall assessment score sheet, recommending footwear with heels, watching "trip and fall prevention video" in the outpatient department / ward as part of patient instruction and confirm the patient's understanding at the time of admission, standardizing installing 2 bed fences, introduction of beds with safety functions linked to nurse calls, choosing the optimal sensor using things such as a sensor selection flowchart. We have also attempted to enlighten people by recruiting poster slogans regarding trip and fall prevention related to excretion. We regularly patrolled the hospital and interviewed patients, confirmed records, and confirmed how the staff was implementing it. We requested the staff to continually implement it if it was not implemented. However, trips and falls has continued to occur, and the incidence is on a slight increase. We believe that there are environmental factors, patient factors, and nursing planning factors among the factors of trips and falls. When we analyze trip and fall cases in our hospital, safety in environmental factors has been almost completely implemented. Patient factors require fairly sophisticated techniques, such as understanding patient status and predicting patient behavior. There were about 30% of the total number of trips and falls that occurred despite the fact that an assistant who is one of the nursing planning factors was by the patient's side. Today, we will report about the activities that we worked on by focusing on reducing the number of trips and falls when an assistant is by the patient's side.

### 【Method】

We analyzed trip and fall cases when an assistant was by the patient, and divided the nursing assistant's situation into 3 categories: ① While assisting; ② Was assisting another patient in the same room; ③ Temporarily left the patient. We explained to the nurse that a trips and falls were occurring when nurses left the patient's side and explained about the preventive measures. The main preventive measures presented included the assistance method at the time of walking, tips of a walking situation of patients that trips or falls easily, and observation during excretion.

### 【Result】

Regarding the number of trips and falls by medical personnel, it has led to a decrease in the number of trips and falls in departments as well as a decrease in the number of trips and falls in the entire hospital.