

# Falls Prevention: Developing a Results Oriented Quality Improvement Program

April 17, 2014

Training via Video Conference from  
**Aging and Adult Services Division,  
Minnesota Department of Human Services  
in partnership with the MN Board on Aging**

## ***Presenter***

Sue Ann Guildermann, RN, BA, MA, Director of Education, Empira

## ***Description***

In 2010, falls among older adults cost the U.S. health care system \$30 billion in direct medical costs, when adjusted for inflation. With the population aging, both the number of falls and the costs to treat fall injuries are going to increase. One in three adults aged 65 and older falls each year. Of those who fall, 20% to 30% suffer moderate to severe injuries that make it hard for them to get around or live independently, and increase their risk of early death. Older adults are hospitalized for fall-related injuries five times more often than they are for injuries from other causes. Fall prevention is a vital component to the home-based, assisted living and skilled nursing facility services.

Empira, a Minnesota consortium of older adult service providers, in 2008 applied for and received a MN Department of Human Services' Performance Incentive Payment Program funding to prevent and reduce resident falls in sixteen of their skilled nursing facilities. This Empira fall prevention program is a combination of nationally recognized evidence-based, fall prevention practices and practical applications from the most recent research findings. Empira, however, challenged many of the standards of practice for reducing falls. Learn their program outcomes from becoming skilled nursing facilities that are now alarm-free, restraint-free, corrected bed heights (no low beds) no floor mats, and the cautionary use of gripper socks. This was not a "nursing-only" program. It required the skills, knowledge and participation of all employees, residents and families.

A key to the success of this fall prevention program was the ability for all staff to conduct a post-fall root cause analysis. They were able to analyze the internal, external and systemic conditions, which may have contributed to resident falls. Interventions that were used as a result of the post-fall root cause analyses will be discussed as well as the outcomes that were learned from this program. The videoconference will include highlighting the practices and actions taken by facilities who continue to sustain this program.

## ***Target Audience***

All interested persons

## ***Learning Objectives***

**Goal 1** Describe root cause analysis

**Goal 2** List three falls prevention interventions

**Goal 3** Identify outcomes learned and applied from falls prevention program

***Pre-registration is required***

Each person needs to register through the link provided below. Registration closes at 5:00 p.m. on the Monday prior to the session. By registering, you understand that the session will be videotaped with the possibility of your visual and audio likeness being recorded for reproduction and distribution.

<http://agingtraining.dhs.state.mn.us>

***Handouts and Resources***

Presentation handouts and resource materials will be distributed to registered participants via email attachment 1-2 days before the scheduled session. Print and bring your own copies to the session. Copies may not be available at the site. Those individuals interested in receiving handouts only, can make this request via the registration survey.

***Cancellation***

Video-conferencing sites without any registered participants prior to the registration close date will be cancelled. If you register, but are unable to attend, please cancel your reservation through the web link using your confirmation number prior to the registration close date. This allows others to participate in the training.

***Certification***

Certificates for continuing education are available for participants at the site. Note: Video-conference training sessions have not been submitted for prior approval to any licensing board.

***Accommodations***

Individuals with a disability who need a reasonable accommodation to participate in this event may indicate "special request" when registering. Please make requests as early as possible.

***DVD Ordering***

Copies of the session may be available for ordering after the session ends. If the presenter(s) gives approval, you can order copies from the registration page.

***Times and Locations***

The conference will be offered at the sites and time below. Note: sites that are filled are listed as FULL on the registration system and cannot accept additional people. You must choose another site. Additional sites added after this announcement was published are identified on the registration page.

***Start Time:*** 01:30 PM  
***Duration:*** Two hours

<b><i>Building</i></b>	<b><i>Street Address</i></b>	<b><i>City</i></b>
Big Stone County Family Services Center	340 NW Second St	Ortonville
Chisago County Government Center	313 North Main Street, Room 106	Center

		City
Faribault County Human Services Office Building	412 North Nicollet	Blue Earth
Freeborn County Dept of Human Services	203 W Clark Street, Room 128	Albert Lea
Hubbard County Law Enforcement Center	301 Court Avenue, South Door	Park Rapids
Kandiyohi County Health and Human Services Building	2200 23rd Street NE, Room 1070	Willmar
Marshall County Social Services	208 E Colvin Avenue	Warren
McLeod County Social Services Center North	2385 Hennepin Avenue North	Glencoe
Mille Lacs County & Veterans Services	525 Second St SE	Milaca
Pine County Human Services	130 Oriole St E.; 1st FL	Sandstone
Pipestone County Southwest HHS	1091 North Hiawatha	Pipestone
Pope County Public Health	211 East Minnesota	Glenwood
Renville County Human Services	410 East DePue, Room 313	Oliva
Rock County Southwest HHS	2 Roundwind Road	Luverne
St. Louis County Government Center	320 West Second Street, Room 206	Duluth
St. Louis County Health Dept.	Northland Office Bldg., 307 S. 1st St., 2nd Floor	Virginia