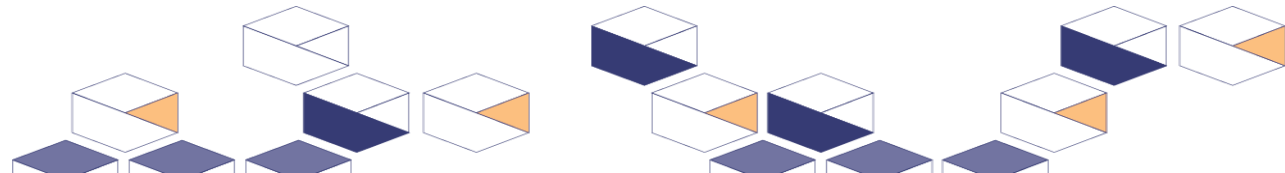


# Three Years on – Safe Recovery Inpatient Education Program Rockingham General Hospital

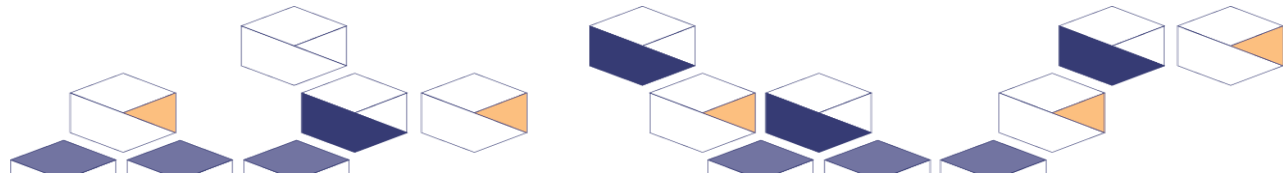
Presenter: Christine Lee

Authors: Christine Lee, Heather Lane,  
Helen Wong, Mark Burrows



# Background

- Safe Recovery Inpatient Education Program (SRIEP) is an evidence based falls prevention education program
- Patient is educated at the bedside about their personal inpatient falls prevention



# Education

Step  
1



Step  
2

## Safe Recovery

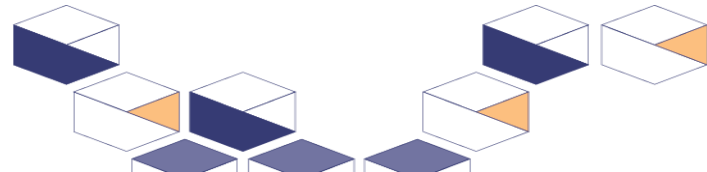
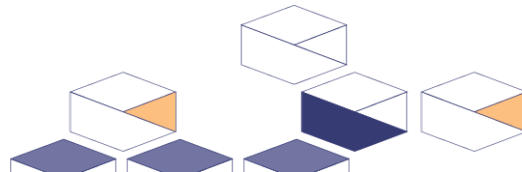


 Hospital Falls Prevention Solutions

Step  
3

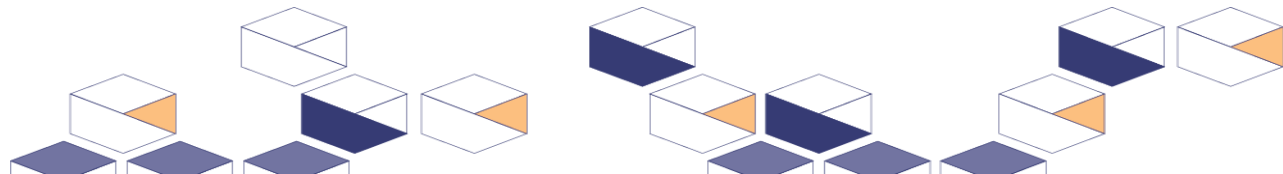
Write down some things that you think you can do to stop yourself from falling over while you are in hospital.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
 \_\_\_\_\_  
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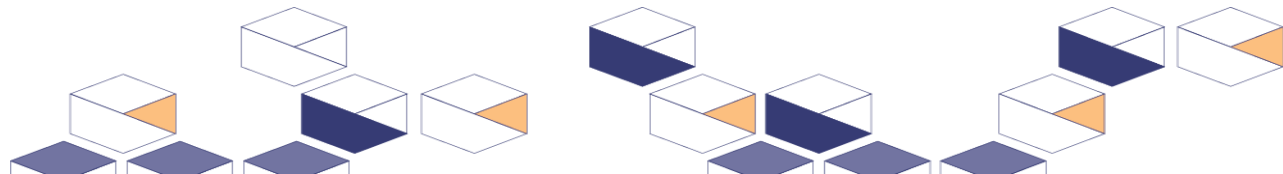
# Inclusion Criteria

- MMSE > 23/30
- Require assistance with ambulation
- Ability to make personal goals to prevent the possibility of a fall whilst they are an inpatient



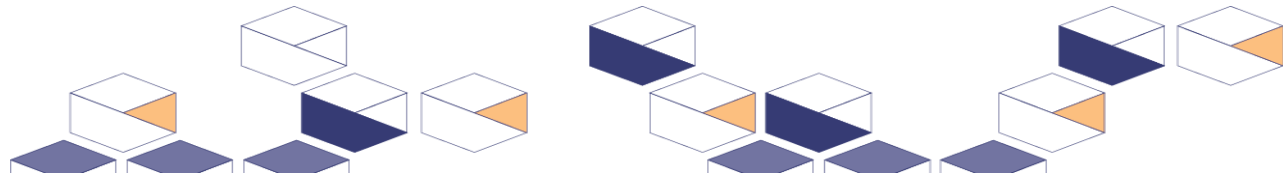
# SRIEP Messages

1. Know if you need help to get up and walk around
2. Ask for help
3. Wait for help



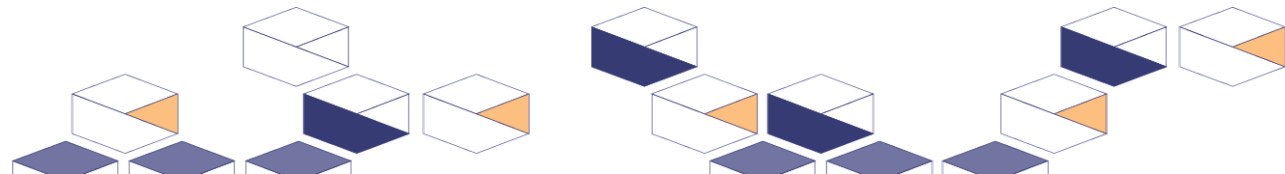
# Data Collection

- January 2016 to December 2018 (3 years)
- Data collected:
  - Reason for hospital admission
  - Suitability for SRIEP
  - Reasons for not being suitable for SRIEP
  - Falls post SRIEP education



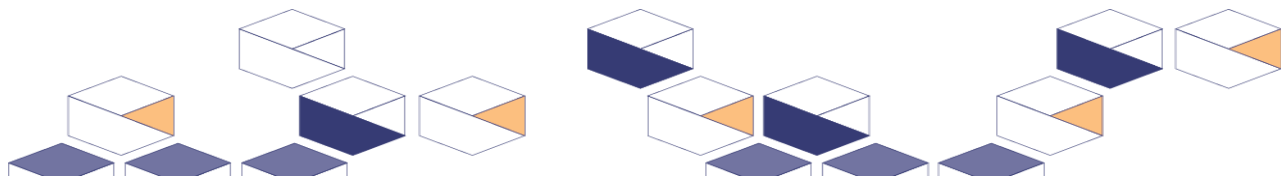
# Admission – SRIEP Educated

- 378 patients were suitable at time of admission
- 139 patients became suitable as their rehabilitation progressed
- Total of 517 / 2163 (24%) admissions to the ward were suitable for SRIEP



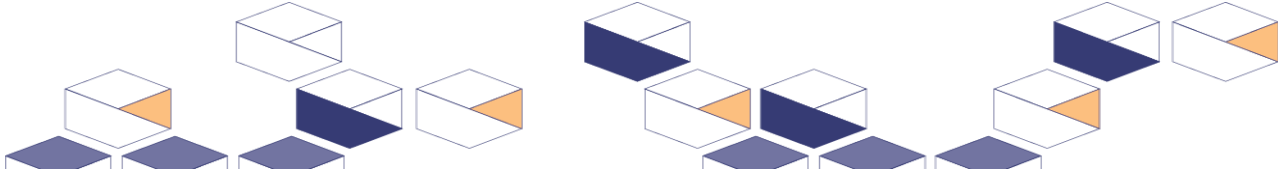
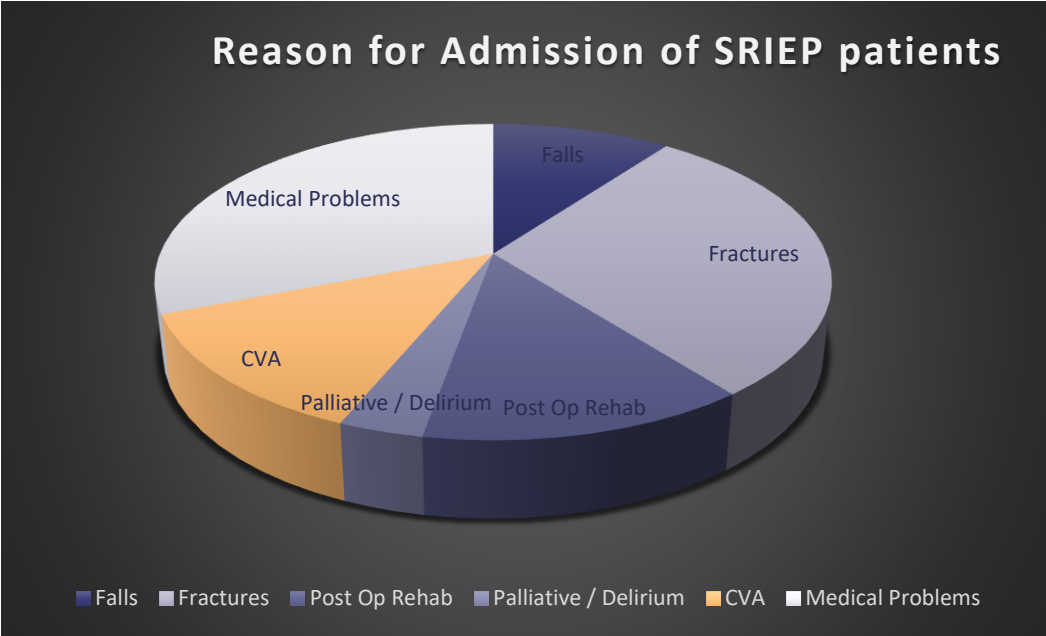
# Reasons SRIEP Not Suitable

- 29% Impaired cognition
- 25% Acute medical issues
- 20% Independent with ambulation
- 26% Other – delirium, non ambulant, communication difficulties, due for discharge, palliative, behaviour



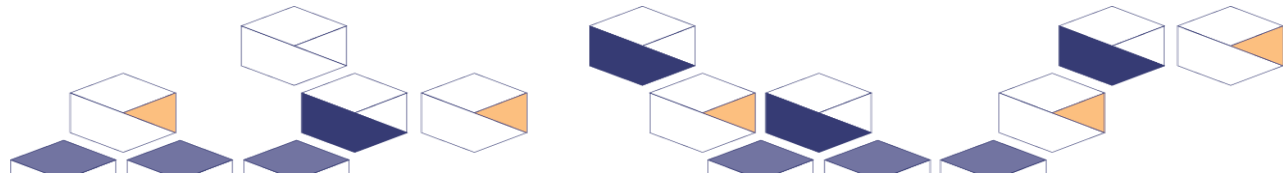


# SRIEP Patients – Reason for Admission to Hospital



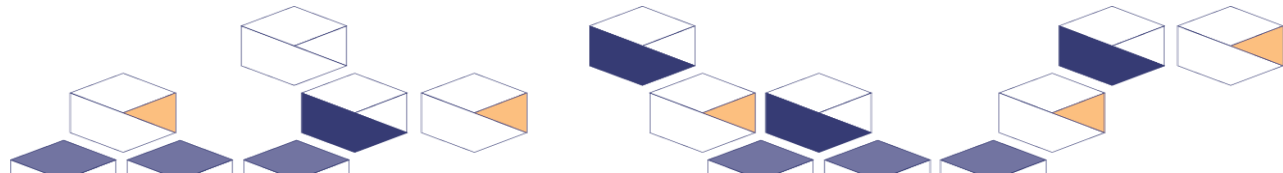
# Results

- 906 sessions of SRIEP were conducted
  - 449 initial
  - 457 follow ups
- 6 falls (1.1%) occurred post SRIEP education



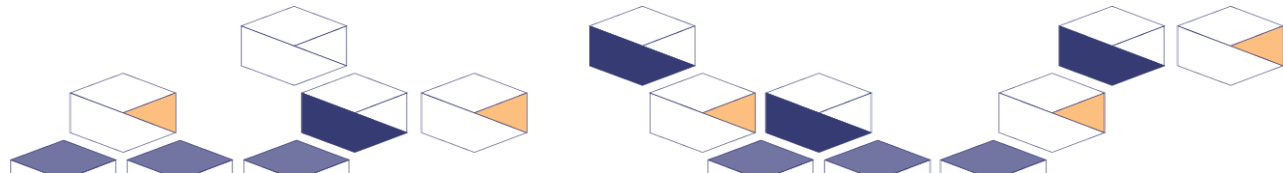
# Patients who Fell Post SRIEP

- Patient 1
  - 1<sup>st</sup> session: not asking for assistance at all
  - 2<sup>nd</sup> session: asking for help 60% of time
  - Post fall: asking for help 100%
- Patient 2
  - Had called for assistance. The nurse was standby assistance when the patient suddenly became dizzy and fell backwards



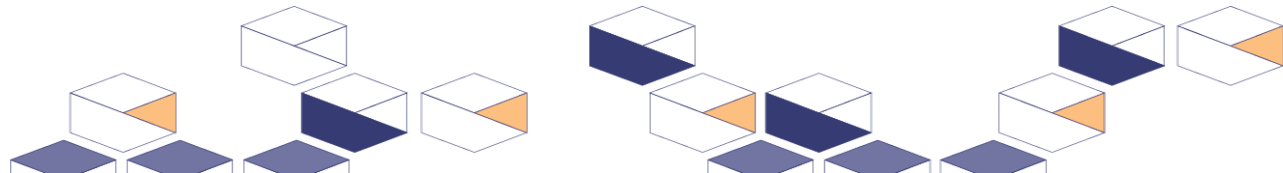
# Patients who Fell Post SRIEP

- Patient 3
  - 1 session SRIEP: Got out of bed without asking for assistance
- Patient 4
  - Was turning in the OT kitchen and off balanced
- Patient 5
  - 2 falls post SRIEP session. Both unwitnessed, transferring from bed to chair. Patient had poor insight and MMSE < 23/30

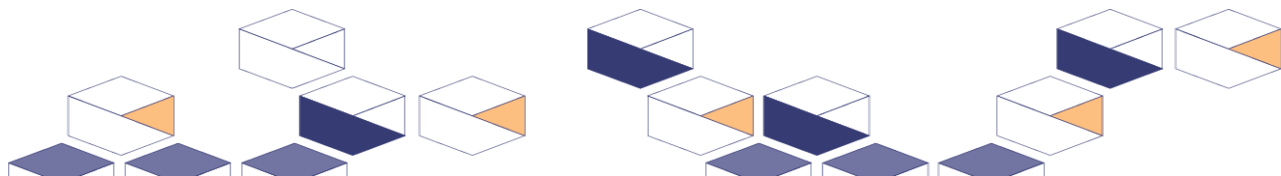
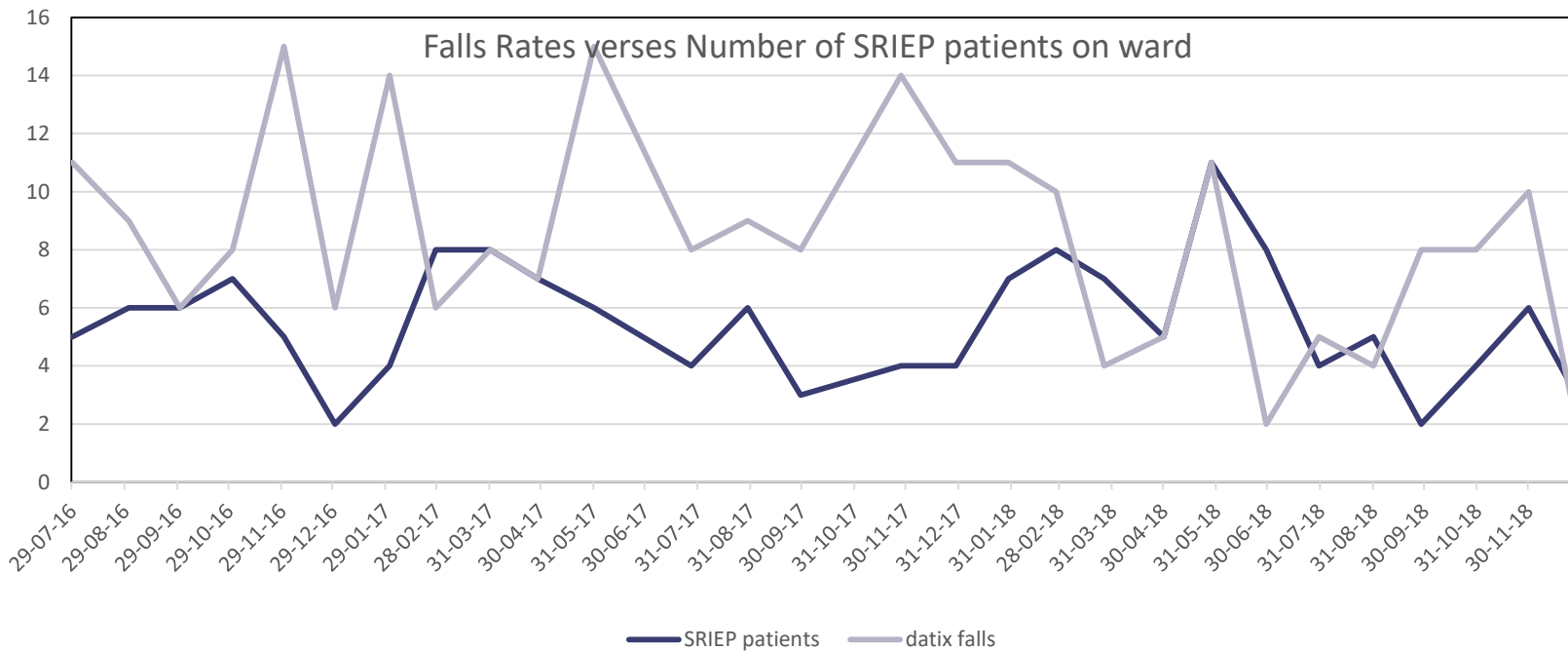


# Results

- 0.2 FTE allocation to the program (2 afternoons / week)
- Average of 4.46 SRIEP educated patients on the ward over the 3 year period. (Range 1 – 12)

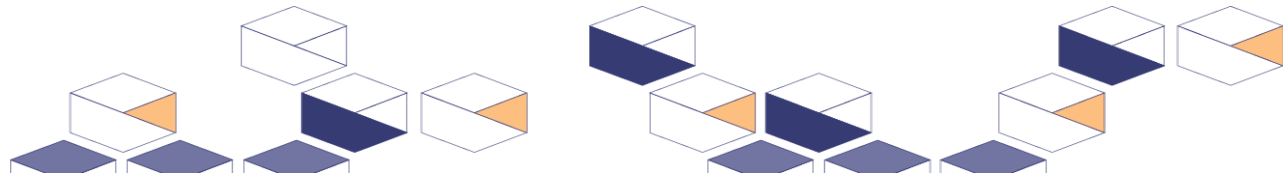


# Results



# Results

- In the first 18 months there was a trend towards reduced falls rates with greater numbers of SRIEP educated patients on the ward
- At this time new strategies were introduced to the ward for the management of patients with cognitive impairment



# Safe Recovery



Hospital Falls Prevention Solutions



Government of Western Australia  
South Metropolitan Health Service  
Rockingham Peel Group

# Safe Recovery



[rkpg.health.wa.gov.au](http://rkpg.health.wa.gov.au)







*Safe Recovery Program*

SAFE RECOVERY PROGRAM - INITIAL ASSESSMENT

Patient Consent

DVD Viewed  Workbook Given  Goals Set

Goals: \_\_\_\_\_

\_\_\_\_\_

Comments: \_\_\_\_\_

\_\_\_\_\_

Print Name \_\_\_\_\_ Signature \_\_\_\_\_ Designation \_\_\_\_\_

RG158 07/17

SAFE RECOVERY PROGRAM - FOLLOW UP

Patient Consent

Goal Achieved  Goals Partially Achieved  Goals Not Achieved

New Goals: \_\_\_\_\_

\_\_\_\_\_

Comments: \_\_\_\_\_

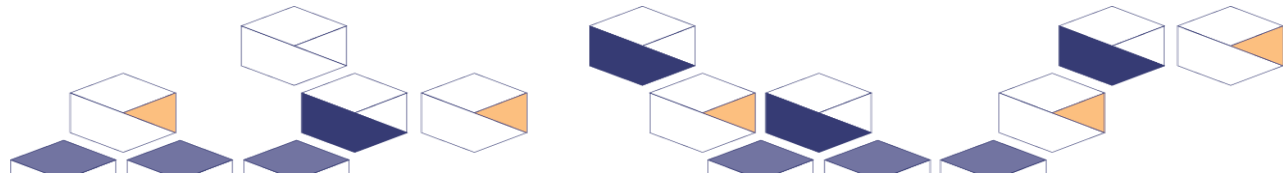
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Print Name \_\_\_\_\_ Signature \_\_\_\_\_ Designation \_\_\_\_\_

RG159 07/17

# Conclusion

- SRIEP appears to reduce falls risk amongst participants
- Due to the patient case mix on ACRU rates of suitability for the programme are less than reported in the literature
- SRIEP continues on ACRU as an evidence based falls prevention programme



# References

- Hill AM, McPhail SM, Waldron N, Etherton-Beer C, Ingram K, Flicker L, et al. Fall rates in hospital rehabilitation units after individualised patient and staff education programmes: a pragmatic, stepped-wedge, cluster-randomised controlled trial. *Lancet*. 2015 Jun 27;385(9987):2592-9

