



COOK COUNTY HEALTH

Leading Fall Prevention by Being a R.A.P.P.E.R

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Background

- Patient falls are one of the most common adverse events reported in hospitals. (5)
- In the United States, there are between 700,000 and 1,000,000 patient falls that occur annually in the hospital setting. (1)
- Patient falls with injury range from minor injuries (i.e., pain, abrasion, bruise, etc.) to major injuries (i.e., subdural hematoma, fracture, etc.), including death. (6)
- In addition to physical injury, the psychological sequelae from a fall may lead to a patient's loss of confidence, delays in functional recovery and prolonged hospitalization. (5)
- A common cause analysis is the aggregation of acts and causes from multiple events to identify the common cause of those events and allow an organization to identify the depth and breadth of system vulnerabilities. (4)
- Nursing Leadership efforts aimed at engaging their Nursing staff can result in the successful development of strategies to provide more personalized, patient-centered care. (2).
- In 2020-2021, the Cook County Health system set a goal of reducing patient falls and patient falls with injury in the emergency department and inpatient care areas.
- A common cause analysis of over 200 patient falls in 2020 resulted in a fall prevention campaign. The aim was to utilize post-fall staff assessment information and engage staff with a goal of reducing patient falls.
- Cook County Health is comprised of John H. Stroger, Jr. Hospital, Provident Hospital, Ambulatory Care Center, Correctional Health and Public Health.

Objectives

- Employ cause analysis techniques to structure frontline staff feedback as a tool to improve patient care quality and safety.
- Summarize frontline staff feedback in a manner that leads to improved quality metrics and clinical patient outcomes.
- Apply innovative and creative quality improvement methods to move your health system to zero preventable patient harm.

Methods

- In 2020, a Nurse-led, interprofessional Fall Prevention Committee was initiated.
- Staff engagement was of vital importance to this team especially as this was during the COVID-19 pandemic.
- A common cause analysis was undertaken and revealed the most common causes of patient falls as described by Nursing staff during post-fall huddles.
- The analysis concluded that essential and consistent Nursing interventions could have prevented most patient falls.
- The Nurse-identified prevention strategies included:
 - Patient rounding purposeful and hourly by Nurses;
 - Robust patient assessment at admission and then updated throughout the patient's hospitalization;
 - Individualized and constantly updated care planning to include fall prevention strategies as clinically appropriate;
 - Patient education and patient engagement in fall prevention interventions;
 - Repeating those essential aspects of fall prevention throughout the course of the patient's hospitalization.
- These prevention strategies formed the acronym R.A.P.P.E.R.
- The acronym served as the basis for a rap or song that was developed.
- The goal was to create a fun team-building activity to focus attention on fall prevention.

To Prevent Falls, You need to be RAPPER

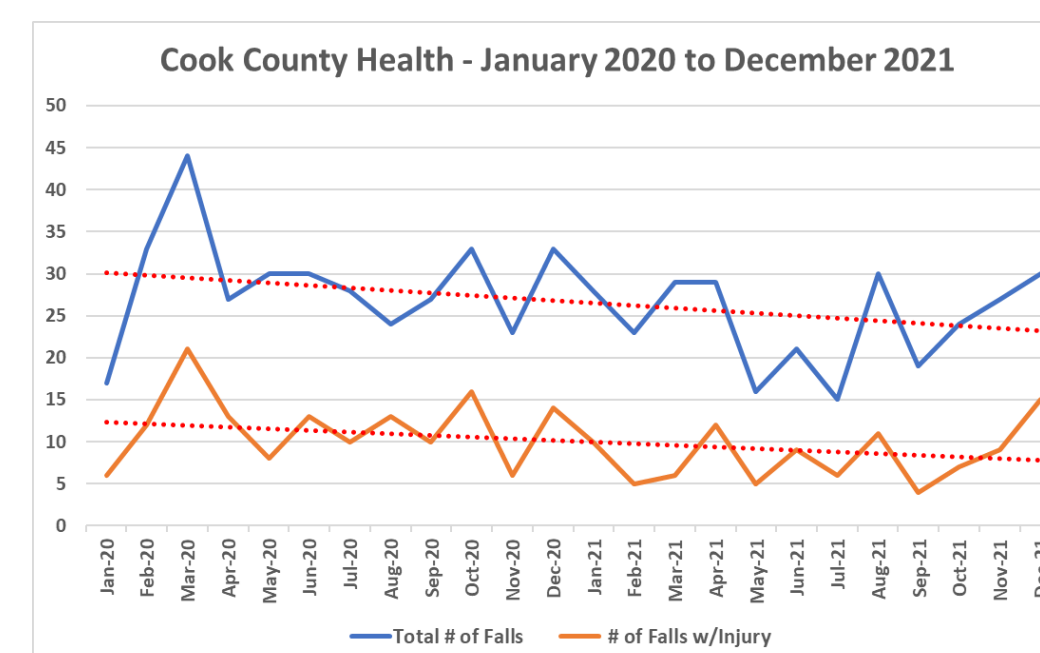
R	is for Rounding	Purposefully and Hourly
A	is for Assessment	Complete a fall risk assessment, but also consider ALL PATIENTS to have some level of fall risk.
P	is for Planning Patient Care	Individualize & update patient's fall prevention care plan and use your clinical judgement for those things that are a risk, but not specifically noted in the fall risk assessment.
P	is for Prevention	Prevent patient falls. It's a measure of Nursing care and quality.
E	is for Education & Engagement	Educate patients about the fact that they are at a higher-than-normal risk of falling simply by being in an ED, hospital or clinic. Engage them in fall prevention activities and interventions.
R	is for Repeat	Once you have those basics of fall prevention down, you simply repeat throughout the patient's care.

Methods

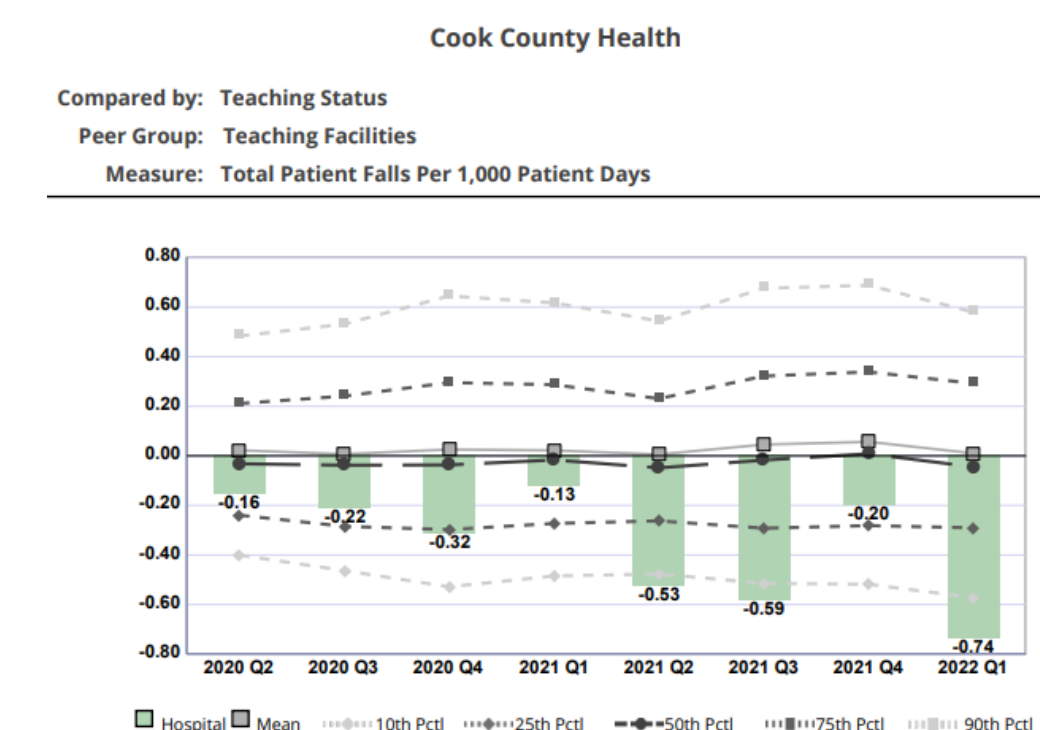
- Individuals and teams were invited to participate in the R.A.P.P.E.R. contest.
- Staff were to develop a video either singing or rapping a R.A.P.P.E.R. song/poem (lyrics provided).
- Patient confidentiality was maintained.
- The Fall Prevention Committee reviewed the videos and selected the winners.
- The goal was to focus the interdisciplinary team's attention on 5 components of fall prevention based on the common cause analysis.
- The ultimate goal was to reduce patient falls and falls with injury.

Results

- A total of 9 videos were submitted. 2 units won due to a tie. All participating teams were recognized.
- The health system achieved a 17% reduction in patient falls and a 30% reduction in patient falls with injury in 2021 (as compared to 2020).



- Cook County Health has remained below the national mean since 2020 (NDNQI).



Conclusion

- The R.A.P.P.E.R. acronym provided a structured format to present Nurse-identified fall prevention strategies and create focus on fall prevention.
- Staff embraced the R.A.P.P.E.R. campaign as a great way to summarize common cause analysis findings, focus on fall prevention and achieve improved patient care and safety.
- This work is of vital importance to healthcare leaders and staff because it not only sets a course for quality improvement, but also highlights the importance of staff engagement in improving quality and performance improvement, and moving to zero patient harm.

Recommendations

- Consider using quality improvement methodologies that include staff feedback.
- Consider using innovative strategies to lead to quality and performance improvement efforts.
- Staff engagement is of paramount importance in achieving quality improvement.

References

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The author has no relevant financial relationships to disclose.

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The “RAPPER Challenge”



1. All Nursing Staff are invited and encouraged to participate.
2. An individual or a team can participate.
3. Submit a rap or singing version of the song in the next slide.
4. Alternatively, you or your team may create your own rap or song, but it must include the acronym RAPPER with each letter uniquely identified and lyrics to support each letter.
5. Include in your submission the unit, name(s) with credentials (example BSN, RN) & extension # of everyone in the video.
6. Submit an I-phone video (or similar technology) of you singing or rapping the song on the next slide. Videos are to be submitted to the Fall Prevention Committee at FallPreventionCommittee@cookcountyhhs.org
7. By submitting the video, the individual submitting the video attests that each individual in the video agrees to have the video taken and that the video may be used by the Fall Prevention Committee, on CCH social media or for other purposes related to CCH business or celebrations.
8. Be cognizant of patient confidentiality. Do not complete the video in an area where patient confidentiality could be compromised.
9. As always, Rap/Song lyrics and tone, as well as conduct in the video, should be professional.
10. Rap/Song should not exceed 2 minutes.
11. Have fun and continue your focus on patient fall prevention!