

First steps in the implementation of falls prevention measures in Torrecardenas University Hospital, Almería, Spain

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 Authors declare no conflicts of interests

INTRODUCTION

Falls and resulting injuries are a worldwide public health issue, constituting one of the leading causes of death from unintentional injuries (1). Preventive care is crucial in addressing this issue in the hospital setting (2,3). Our centre had no previous experience with implementing fall prevention measures, so we decided to start implementing the Best Practice Guideline on **Preventing Falls and Reducing Injury from Falls (4th ed.)**.



AIM

After the initial months of implementation, we aim to evaluate the impact on care processes related to fall screening, assessment of at-risk patients, and preventive measures implemented in the 8 participating hospital units.

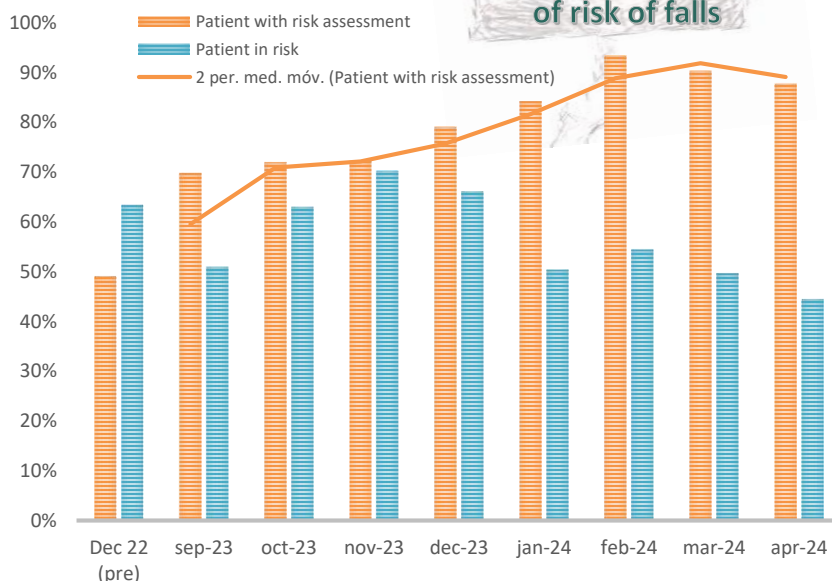
METHODS

A pre-implementation evaluation was conducted in December 2022. The implementation activities began in September 2023, and data has been collected prospectively until March 2024. Data collection and analysis was carried out by trained Registered Nurses.

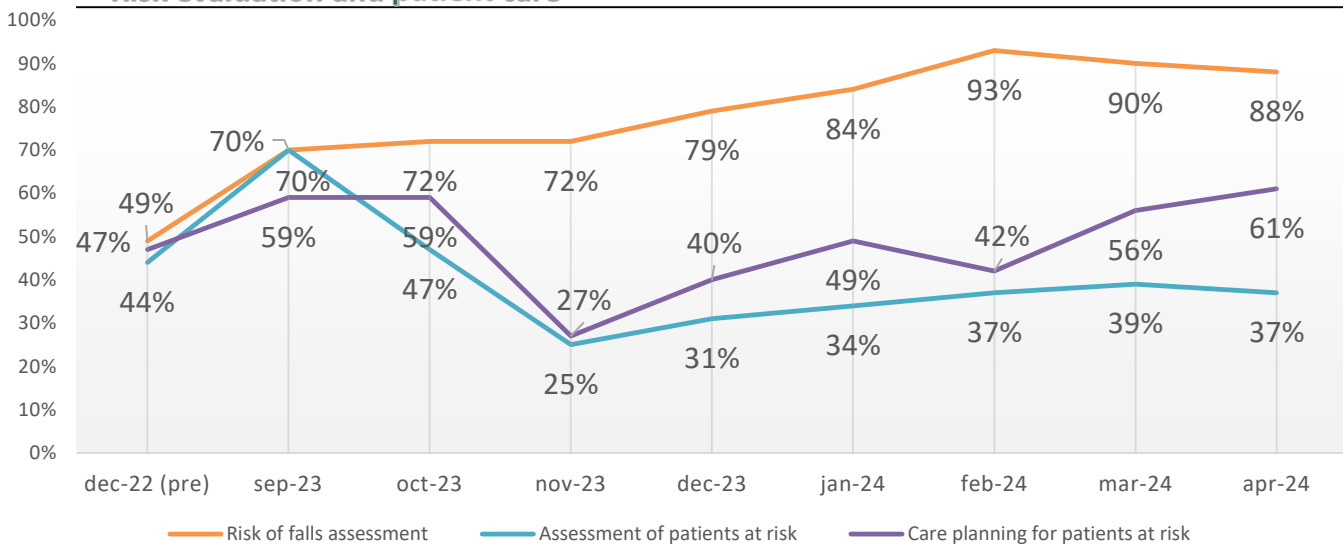
Sample

Sample collection month	Sample size	Sex		Mean age (years)
		Men	Women	
Dec 2022 (pre-implementation)	61	24 (39,34%)	37 (60,66%)	70,92
Sep 2023	73	39 (53,42%)	34 (46,58%)	68,66
Oct 2023	75	37 (49,33%)	38 (50,67%)	67,25
Nov 2023	65	26 (40%)	39 (60%)	67,75
Dec 2023	67	35 (53,03%)	31 (46,97%)	72,21
Jan 2024	165	87 (52,73%)	78 (47,27%)	69,47
Feb 2024	122	80 (65,57%)	42 (34,43%)	67,19
Mar 2024	176	96 (54,55%)	80 (45,45%)	67,63
Apr 2024	164	96 (58,54%)	68 (41,46%)	67,59
Overall	804	424 (51,45%)	379 (49,55%)	68,12

Assessment of risk of falls



Risk evaluation and patient care



In conclusion, the implementation of interventions based on the guidelines led to increased adherence to key fall prevention care practices.

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