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# Fall Prevention Quality Initiative: Implementation of Fall Ambassador Safety Team (F.A.S.T.)

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## Background

- National Database of Nursing Quality Indicators (NDNQI) defines fall as the unplanned descent to the floor with or without injury to the patient.
- 700,000 to 1 million falls each year in U.S. hospitals, resulting in about 250,000 injuries and up to 11,000 deaths
- 1.3 to 8.9 falls per 1,000 patient days
- \$34 billion average hospitalization cost for a fall injury
- \$0 CMS reimbursement for preventable falls known as "Never Events"
- Increase in average number of falls in Progressive Care Unit
- 1.13 falls/1000 patient days in 2021 to 1.27 falls/1000 patient days in 2022

## Purpose

Will the implementation of a Fall Ambassador Safety Team (F.A.S.T.) program in combination with an evidence-based fall prevention bundle help reduce the total number of inpatient falls in the Progressive Care Unit?

Reduce the patient fall incidents to meet the target of <1 fall/1000 patient days per the NDNQI data over a period of 9 months.

## Methods

Quality Improvement Project  
34-bed Progressive Care Unit  
Study period (April 1, 2022 - September 30, 2023)

- Fall Champions Recruitment Fair
- F.A.S.T. Program Creation
- F.A.S.T. Member Orientation
- Staff Education
- Purposeful Hourly Rounding
- Daily Shift Huddle
- Weekly Fall Rounding
- Monthly Meetings
- Fall Debriefing
- Case Reviews

## Results

Reduction of inpatient falls per 1000 patient days per NDNQI data.

**1.24** falls/1000 days (9 months pre-implementation)

**0.37** falls/1000 days (9 months post-implementation)

Reduction in total number of inpatient falls.

**10** falls (9 months pre-implementation)

**3** falls (9 months post-implementation)

## Discussion

Implementation of fall champions, with a fall prevention program, is a feasible intervention in reducing fall rates.

The F.A.S.T. program created an opportunity to engage the interdisciplinary team in promoting safe, high-quality care.

## Implications for Practice

The creation of a nurse-led fall champion program may be a viable approach to preventing falls.

A collaborative team approach using the Fall Ambassador Safety Team was imperative to improve fall prevention strategies and diminish risk for injury.

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