

Leadership for implementing falls prevention practices in Long Term Care homes

By: McKenna Chisholm, Year 3 BScN Student, Tara Abdul-Fatah RN, MScN(c), Krystina Lewis RN, MN, PhD(c), CCN(C) | Supervisor: Wendy Gifford, RN, PhD
Faculty of Health Sciences, School of Nursing



Nursing Best Practice Research Centre
Centre de recherche sur les Pratiques Exemples en Soins Infirmiers

Introduction

Falls among the elderly are the leading cause of death and hospitalizations from injury.

Strong evidence exists to reduce falls in the elderly, **however** implementation remains a challenge.

Falls amongst the elderly are largely attributed to lack of evidence-based care.

Leadership is critical to implement evidence-based care.

Nurses can decrease falls by implementing evidence based falls prevention.

Study purpose

The purpose of this study is to understand the leadership practices of nurses and unregulated healthcare aids to implement falls prevention in long term care (LTC) homes.

Research question

What leadership strategies facilitate the implementation of falls prevention practices in LTC homes?

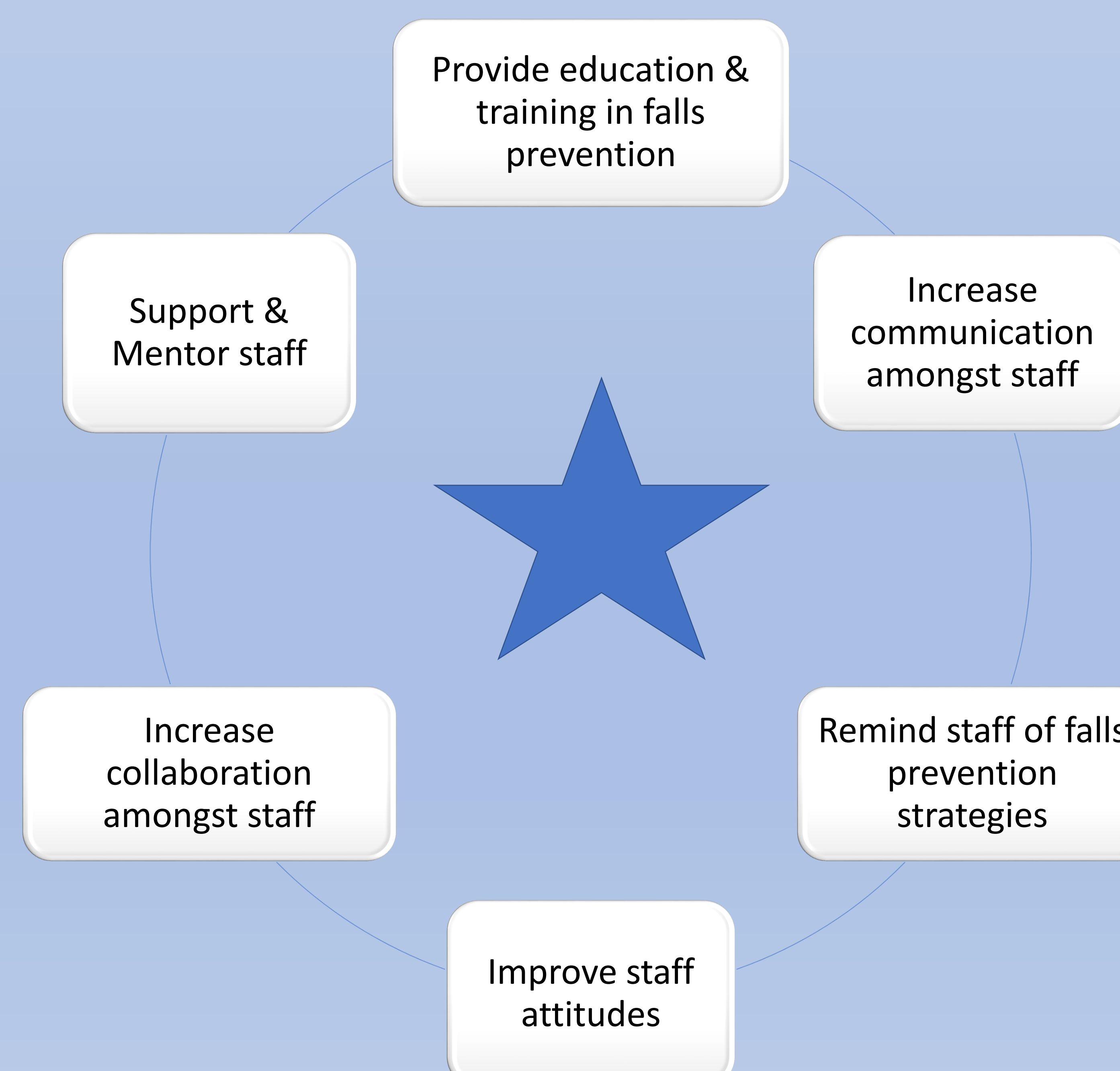
Methodology for UROP project

- 1 Transcribe focus group interviews (n=7 participants) held with health care leaders
- 2 Import transcribed interviews into NVIVO-10 © qualitative software
- 3 Deductively analyze data with coding framework
- 4 Review analysis with study investigators
- 5 Update research literature on leadership for falls prevention
- 6 Knowledge translation to UROP presentation

Results: How leaders can implement falls prevention

Theme	Examples
Create an inclusive team plan	<ul style="list-style-type: none"> Involve the whole circle of care (i.e. Registered Nurses, Care Aids, Family, Residents) Allow everyone to have input Ensure everyone is aware of the falls prevention plan
Iteratively operationalize the plan	<ul style="list-style-type: none"> Teamwork Have accessible director of care Continuous and repetitive communication amongst team Allow staff to present new ideas Consistent messaging to all staff
Communication reach	<ul style="list-style-type: none"> Communicate with residents/family falls risks Ensure communication of falls risk Follow up with patients Monthly newsletters or posts Receptive messengers and receivers
Team recognition of contributions	<ul style="list-style-type: none"> Provide small gestures to show staff appreciation Let staff know their work is valued and appreciated

Themes from literature review: Leadership to Prevent Falls



Discussion

Team leadership can influence the implementation of evidence-based falls prevention practices and improve patient care and outcomes.



Conclusion

This project is part of a pilot study to test “proof of concept” for a leadership intervention in a full scale trial.

Results will assist in developing leadership for implementing falls prevention in long-term care.



References

Figure 2: Image obtained from <https://pixabay.com/en/care-diagnose-disease-health-3031259/>
Image under Creative Commons licence.

Acknowledgements

Thank you to the Nursing Best Practice Research Centre (NBPRC) for their support. Thank you to Dr. Wendy Gifford for supervising this study. Special thank you to Tara Abdul-Fatah for your guidance and assistance.. And lastly, thank you to the University of Ottawa and the Undergraduate Research Opportunity Program (UROP) for funding this project and granting me with this learning opportunity.

Contact information

mchis071@uottawa.ca