

***Community Hospitals Association Improving Practice***

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| **Innovation and Best Practice Award 2018 Summary** |
| **Title:** |
| F.L.O.R.A the falls trolley |
| **Background:** |
| The aim when creating FLORA was to have a fun and have a useful resource stored in a central place which can be taken to the patient at the point of care on occurrence of the fall.  The resource to have all items within it for assessing and implementing care without the nurse having to leave the patients side, and equipment that can then be implemented once the patient is safely off the floor, to reduce the risk or help to prevent a further fall or injury.  The ward layout is such that patients are stretched across a large area, so having something easily movable and mobile was very important.  It also had to be fun, so we created a character, and gave the trolley eyes, as a way of reminding staff to always be on watch, and questioning things regarding falls and falls prevention.  FLORA’s aim is not only to be a useful valuable resource on the ward, but also to re-raise awareness of falls on the stroke unit. We have a high number of falls due to the nature of our patients and the cognitive issues they have following a stroke, so falls reduction needs to always be a huge part of everything we do for every patient. By introducing FLORA, it re- highlighted that importance to the team, in a fun way, and by basing FLORA at the nurse’s station, we are keeping her in the centre of our daily work on the ward. |
| **Description:** |
| FLORA is our falls trolley!  FLORA was developed in September 2017, following discussions within our monthly falls local action group meetings (FLAG) at South Petherton Hospital. In this meeting a theme was identified that the that post-fall checklist and actions were not always being completed correctly, and that there was not a safe place to store falls alarms.  We had discussions about what we could bring to the ward to help this and were keen for it to be an active and useful resource, available at the point of care for a patient following a fall, therefore FLORA was developed as a quality improvement project to address these issues and has also addressed more.  Following discussions in FLAG it was identified that the resource must be portable and easy to move quickly. In a similar way to the resus trolley, having everything needed in one place, so that the patient is not left until they are safely off the floor. It needed to be small enough to grab and run with if needed, but big enough to hold all the equipment possible. It needed to be stored in the hub of the ward, but easily recognisable, so not to be confused with the resuscitation trolley. After research a suitable trolley was found and developed then put into place.  The name developed for the trolley was FLORA.  Flora is an acronym developed to remind the team in a fun way of what to do post falls.  **F**all?  **L**ook (at the situation, environment etc.)  **O**btain Assessment (Assess patient, commence falls checklist)  **R**eview what is already in place, and SAFE reflection  **A**cton what can you do to prevent a further fall?  **Trolley contents:**   * On top - Falls box with pre-made packs of post fall checklists, (including neurological observation charts, SAFE reflection forms, appendix G of policy and post fall checklist) * In drawers - pen torches, gauze swabs and tape, slipper socks, TABs alarms TABS alarm pads (bed and chair), pagers, strings and batteries, hoist slings in medium and large, spillage kits.   Trolley in place on the ward from 13/09/2017 |
| **Outcome and Impact:** |
| FLORA served a huge purpose in reminding people what to do post falls and taking them back to basics, which has been brilliant. It put falls back into the center of the ward and made it a priority again by having it in place at the nurse’s station.  TABS alarms and equipment has a safer place to be stored, and there is less chance of equipment becoming lost and broken which was happening, which has reduced cost in replacing equipment.  FLORA and the SAFE reflection form are discussed monthly at falls group, and FLORA was also shared within a poster presentation at our bi-yearly research event and fed back to delegates.  It was noted that staff were assessing patient and falls equipment was put in place sooner following a fall – before leaving the patients room. Falls checklist and paperwork that had not been being used was seen to have been being used again.  As a ward we saw a significant reduction in falls at the beginning of 2018, and having FLORA, as well as serving the purpose as the useful resource on the ward, in the room at a time of fall, with all paperwork, and post fall actions available, in the same place, in the patient’s room.  Staff feedback has been good, and the reduction of falls following this new piece of equipment has been brilliant to see also.  FLORA continues to be reviewed and developed monthly, but we are proud of the innovation developed at South Petherton and would like the opportunity to share this. |
| **Supporting Information:** |
| https://lh3.googleusercontent.com/5nsV4X82Z4Z8wYyxQ9zpOGfRkOAq1BTOie9UleK-ELibgP63ow5CPUXPFrLapu-z7Mvlwb8kWS2DOZKq-WeT3zlYoGeJ9t7CXfyMGcRRAkWUnYs4BuAdh8Cf1EIpukI14aggIkinaDqdz_8tCxE1G3XGOhrLchHQdgL1M2LlcYUhbZcSclokNYLwik6NdaCUsBSiFHzBJJHD2nwmum-sSFBn28pwIWeCC3I4hqXmvurQo16l7wTASLEc3poqufV-jYDtVvOb5xcPldIXrJdz-j_ImlMriUAjTD98XN_XkMDwPDS4mBEg0Rhu3yLvUtviUjhFjRCIx9tOTavC5Am_BMkbcgEE6AxpLlRyh5Z2XwJbXABTepCoelJuczqD3uBHDldpwmm2hQ3fDBodrmuZPM45GvQQ1v8m6gbe-2u5plGOIgbwHp8jvOG4nohhpdBjrYP2DJlOvdbv0R49q6O_yZrIawzA-yHoKbVn55NdECFTLbNSnF3MJBVW3NyWRcRkky6A7R8BY0LkhGQZlLA4YsCH2KUYqr6MpBLw6jgIuFrV0018ogUaTDH3TG_RPtLnPuAVhlPd74DojI_aq0WhnnDDK44bbab3IqbFFzDK9uTtq4UkkGg12U5-6D776_SF3enL-X7fCtlNePtNPesthuT1MrGuVNfsSPQC=w521-h926-no |
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| **CHA Judges Comments:** |
| *We were very impressed by the practical simplicity of this innovation. The FLORA project driven by Helen Rowe has been well planned and implemented by the ward team in response to a clinical incident. The team have modified the content of a trolley to support a reduction in falls to enhance its practical use. They have also improved awareness and education around falls reduction. Although formal evaluation has not been undertaken as yet due to the early stage of the project there are early indications that there has been a reduction in the number of falls.*  *Helen has engaged well with the falls local action group and the County action group and the ward team at South Petherton Hospital should be proud of their achievement.* |